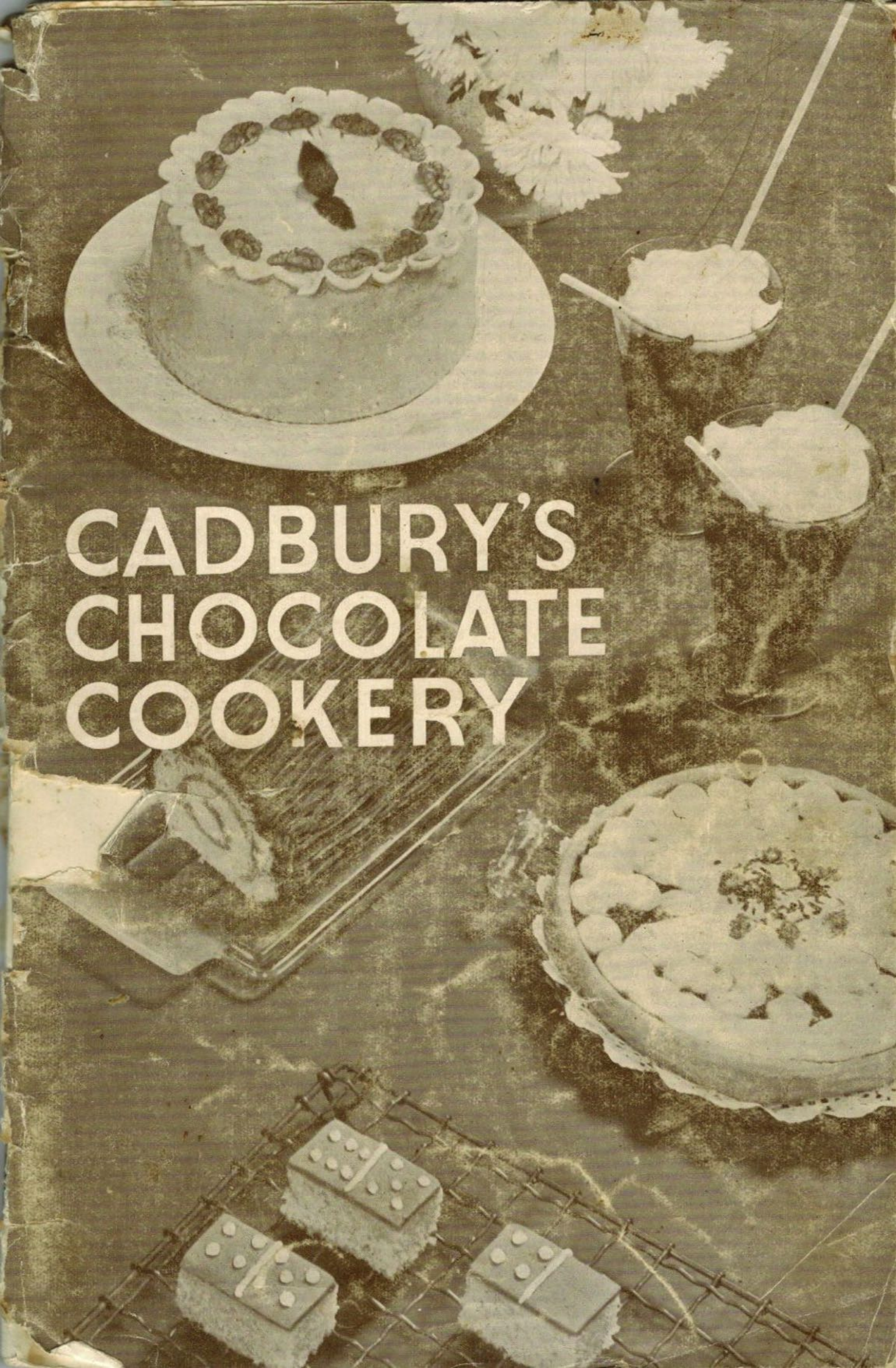


The image shows the front cover of a vintage book titled 'CADBURY'S CHOCOLATE COOKERY'. The cover has a dark, textured background with various illustrations of chocolate treats. At the top left is a round cake with white frosting and chocolate decorations. To its right are two glasses of chocolate milk with marshmallows. At the bottom left is a chocolate cake on a wire rack. At the bottom right is a round cake with white frosting and chocolate decorations. The title is printed in large, white, serif capital letters in the center-left area.

CADBURY'S CHOCOLATE COOKERY

58-19

CADBURY'S CHOCOLATE COOKERY

FROM RECIPES PREPARED
AND TESTED

by

MRS. D. D. COTTINGTON-TAYLOR

*Certificate Household and Social Science,
King's College for Women; First-Class
Teaching Diplomas, Cookery, Laundrywork,
Housewifery, High-Class Cookery, N.T.S.C.,
London, A.R.S.I.*

Director

GOOD HOUSEKEEPING INSTITUTE
49 WELLINGTON STREET, STRAND
LONDON, W.C.2

Adapted to New Zealand conditions,
checked and supervised by

S. GALLOWAY

New Zealand's noted Cooking Authority.

Published by

CADBURY FRY HUDSON LIMITED, DUNEDIN

Corner
Cake

FOREWORD

Whether they are taken as a beverage or combined with other ingredients to produce attractive puddings and cakes, cocoa and chocolate are very sustaining articles of diet. This is chiefly due to the fat and carbohydrate they contain, which provide food to furnish the body with warmth and energy.

Chocolate is invaluable to children who dislike fat in any form, for when eating it in a block, or taking it as cocoa, especially when made with milk, or in cakes and puddings, the fat is unrecognizable. For this reason it should not be regarded as a sweetmeat and consequently as an unessential luxury. Chocolate differs in some respects from cocoa, for during the course of manufacture more cocoa butter and also more sugar are added, making it a particularly concentrated food. This explains why explorers, sportsmen, and other people who need special nourishment invariably include it in their diet.

If for no other reason than that chocolate and cocoa are highly nutritious articles of food, they should be included fairly frequently in the daily menu, but they are invaluable to the busy housewife who has little time to devote to planning meals and thinking out new dishes, for they afford an easy way of producing something "out of the ordinary" in the way of puddings.

Home-made cakes are, contrary to what is sometimes supposed, a valuable addition to the daily dietary and help to obviate monotony, and for this reason alone are well worth the little extra trouble they entail.

As every recipe in this book has been tried and tested, and only those which are easy to make have been included, I can recommend them wholeheartedly to inexperienced as well as experienced cooks.

GENERAL

Moderate top heat is necessary for many types of small cakes, but when baking fruit, chocolate or similar large cakes the oven temperatures should not be too high and top heat should be restricted. If the recipe makes up a small cake the baking tin should be correspondingly small to give the cake sufficient depth. As an alternative the ingredients may be multiplied. The tins should be well lined with paper—waxed or greaseproof is best.

When baking large cakes in most instances it is wise to keep a tray of water on the lower shelf. This prevents premature crust and dryness. Inferior texture and doughy streaks in some types of cakes are often caused by the shortening agent being too soft. When creaming the shortening with the sugar it should be soft and pliable but *not oily*. While the eggs should be well beaten into the creamed mixture, overbeating is apt to weaken the dough structure—one of the reasons why cakes crack on top.

When filling the baking tins for layer or sandwich cakes endeavour to pour in as much of the mixture as possible in one operation. The dropping of portions one on top of the other causes air pockets to develop which show as large holes in the baked goods. The residue should be placed in the corners or edges of the tin.

Page Three

Pastry rising in the centre of custard tarts is often a source of annoyance. This is also often caused by air bubbles. The pastry should not be placed quickly on the baking tin or plate but rolled on rather slowly. The former method is apt to trap a quantity of air, and the oven heat will cause these air bubbles to force the pastry up. For these goods the tin should be lightly greased, the pastry brushed over with white of egg, and the milk slightly heated before mixing with the eggs and sugar.

When whisking egg white for meringues, etc., the utensils should be quite free from grease and thoroughly dry. To obtain the best results, separate the whites and leave in a cool place several hours before required for use. To obtain good results from the average brand of dried egg powder it is usually necessary to reconstitute the eggs. This is done by adding three parts of tepid water (by weight) to one part by weight of egg powder. First, crush the egg powder or force through a fine sieve. Then slowly stir in the water and allow to stand for at least an hour before use. Thus, 1 oz. of powder and 3 ozs. of water would give 4 ozs. of eggs. The average shell egg weighs about 2 ozs., so 1 oz. of the powdered egg in solution would be the equivalent of the contents of two shell eggs.

Have tins greased or papered before beginning the baking. The tins should be cleaned immediately after baking.

Always sift flours with the baking powder, it assists the aeration.

In making fruit cakes, remember that the richer the mixture the cooler the oven. With a rich fruit cake it is advisable to hollow out the centre before baking. This ensures even rising. Fruit for cakes should be washed a day or so before required for use, and spread out on paper to dry.

As flours vary a little, a slight adjustment in the quantity of liquid used in some of the enclosed recipes may be necessary occasionally.

AERATION OF CAKES

There are various ways of making cakes, but the two most frequently used methods are:—

1. Flour Batter.
2. Sugar Batter.

Flour Batter.

Cream together equal quantities of flour and shortening until light. The balance of flour (if any) should be sieved with the baking powder. The eggs and their own weight of sugar should be whisked for five or six minutes. If there is any sugar in excess of this, the surplus is dissolved in the milk. When both portions of the recipe have been prepared they are next amalgamated. The sponge is added, a portion at a time, to the flour and shortening and thoroughly blended. The balance of flour and milk are then added, and lastly the floured fruit.

Sugar Batter.

Beat the sugar and shortening to a light, creamy condition. Now add the eggs, one or two at a time, and beat well between each addition. Next add the flour and milk alternately. At this stage fruit may be added but do not beat the mixture or the fruit may sink.

SHORTENING

While good cakes, pastries and puddings can be made with dripping or lard or a proportion of butter, dripping or lard, it is hardly necessary to stress the fact that there is nothing to compare with good butter. In Europe, butter as an exclusive shortening agent is just a memory and excellent results are now being obtained from the various shortening compounds. If butter, dripping and lard are used together, a little lemon juice or vinegar should be added and the whole blended thoroughly before use.

For cakes, puddings, biscuits, etc., a little soya bean or other vegetable oils may be added to the compound. Medicinal paraffin oil and glycerine are quite odourless and have often been successfully included. While the inclusion of oil is quite optional—the quantities to be used may be varied with experience. The following will serve as a guide:—

Shortening	-	-	$\frac{1}{2}$ lb.
Oils	-	-	One to two dessertspoons
Glycerine/Paraffin Oil	-	-	One to two teaspoons

Where butter has been excluded and dripping, lard or other fats are used exclusively or in proportions, the usual quantity of shortening used in a recipe should be slightly reduced, viz. :—

Normal recipe	-	-	$\frac{1}{2}$ lb. butter
Compound with approximately one-third butter	-	-	7 to $7\frac{1}{4}$ ozs.
Dripping, lard, etc.	-	-	6 ozs.

Margarine should be used in the same proportions as butter.

Thus where a recipe says "4 ozs. shortening" this would be 4 ozs. BUTTER if possible, If it is necessary to use a substitute then 4 ozs. margarine or 3 ozs. of dripping, lard, etc. would be satisfactory.

SPECIAL SUGGESTION :

Miss A. D. Rennie, the noted Home Science Teacher, recommends the use of Hansell's imitation butter food flavouring when using dripping, lard or margarine instead of butter and declares that in this method it is possible to make cakes taste as if they were made with butter. As a general rule, a few drops of butter flavouring are sufficient to the pound of lard or margarine and from half to two teaspoons to the pound of beef or mutton fat more or less according to individual taste. Housewives may care to experiment with this product in making up their butter substitutes.

LIST OF CONTENTS

<i>Section</i>		<i>Page</i>
1	PLAIN CAKES	7
2	ASSORTED CAKES	10
3	SMALL CAKES, FANCIES AND BISCUITS	18
4	SPONGE CAKES AND GATEAUX	27
5	BOURN-VITA	31
6	CAKE ICINGS	35
7	CAKE FILLINGS	37
8	HOT PUDDINGS	39
9	HOT AND COLD PUDDING SAUCES	43
10	COLD SWEETS, ICES AND SUNDAES	44
11	SOME FANCY DRINKS	50
12	HOT DRINKS	53
13	CONFECTIONS	54
14	SUGGESTIONS FOR SPECIAL OCCASIONS	56
15	PEARL BARLEY	59
	INDEX	62

PLAIN CAKES

CHOCOLATE DATE CAKE

8 ozs. flour	3 ozs. dates
1½ teaspoons baking powder	3 tablespoons milk
1¼ ozs. Bournville Cocoa	2 eggs
4 ozs. shortening	1 teaspoon vanilla essence
5 ozs. sugar	¼ teaspoon salt

Sieve flour, baking powder and cocoa. Cream the shortening and sugar. Add the beaten eggs gradually. Cut the dates in three pieces and mix with flour. Mix the essence, salt and milk together and add to the creamed mixture with the flour alternately. Moderate oven (Gas Regulo 5, Electric 375°). Time: One hour.

HONEY BREAD (CHOCOLATE FLAVOUR)

12 ozs. flour	4 tablespoons honey
1½ ozs. shortening	½ teaspoon salt
3 teaspoons baking powder	1-1½ gills milk
1½ ozs. Bournville Cocoa	

Heat the milk and salt and add the cocoa. When just warm add the honey and mix smooth. Sift the flour and baking powder, and rub in shortening. Make a well in the centre of dry ingredients and add the cooled liquid. The dough should be quite soft. Place in greased tins—loaf tins best. Dip the spoon or hand in cold water and smooth the surface. Moderate oven (Gas Regulo 5, Electric 375°). Time: 40 minutes (approximately). A few minutes before removing from oven brush top with beaten egg and milk or milk and sugar.

MARBLE CAKE

8 ozs. flour	5 ozs. sugar
1½ teaspoons baking powder	½ teaspoon vanilla essence
½ oz. Bournville Cocoa	2 eggs
5 ozs. shortening	Pinch salt

Sift flour and baking powder. Cream sugar, shortening and salt. Beat in the whole eggs—singly—and add the flour and milk to the mixture alternately. Divide mixture equally. Mix the cocoa and essence with a dessertspoon of boiling water. Add to one half of the mixture. Put alternate tablespoons of the white and chocolate mixture into prepared tin. Moderate oven (Gas Regulo 5, Electric 375°). Time: ¾ hour (approximately). Cool on tray or sieve.

FIVE MINUTES' CAKE

8 ozs. flour	5 ozs. sugar
1½ teaspoons baking powder	1 or 2 eggs, according to size
1oz. Bournville Cocoa	½ pint milk
4 ozs. shortening	Pinch salt

Sieve flour, baking powder, cocoa and salt. Rub in shortening finely with a teaspoon of the sugar. Mix in the balance of sugar. Make a well in the centre and add the beaten eggs and milk. Mix to a soft dough. Bake in a 6" greased tin. Moderate oven (Gas Regulo 5, Electric 375°). Time: ¾ hour (approximately). Cool on tray or sieve.

ORANGE CHOCOLATE LOAF

¾ lb. wholemeal flour	Grated rind of 2 oranges and juice of one
3 teaspoons baking powder	Pinch salt
2 ozs. Bournville Cocoa	½ pint milk
3 ozs. shortening	
4 ozs. sugar	

Sift flour, baking powder, cocoa and salt. Add sugar and finely grated orange rind. Make a well in dry ingredients and add orange juice and milk to make a nice soft scone dough. Bake in a greased 8" tin. Moderate oven (Gas Regulo 5, Electric 375°). Time: ¾ hour (approximately).

CHOCOLATE WHOLEMEAL RAISIN CAKE

8 ozs. wholemeal	4 ozs. raisins
1½ teaspoons baking powder	2 eggs
1oz. Bournville Cocoa	½ teaspoon salt
4 ozs. shortening	½ gill milk
5 ozs. sugar	

Sieve the wholemeal, making powder, cocoa and salt. Rub in the shortening. Add the sugar and raisins. Make a well in the centre and mix with the beaten eggs and milk. Mix thoroughly and bake in a 6" greased tin. Gas Regulo 5, Electric 375°. Time: ¾ hour.

GINGERBREAD CHOCOLATE

8 ozs. flour	¼ lb. golden syrup
½ teaspoon baking soda	1 egg
1oz. Bournville Cocoa	¼ pint milk
1 dessertspoon ground ginger	3 ozs. sugar
½ teaspoon cinnamon	Pinch salt
2 ozs. shortening	

Sieve the flour, salt, soda, cocoa, ground ginger and cinnamon into a basin, and add the sugar. Mix all the dry ingredients thoroughly. Warm the syrup and shortening together, and when melted, but not hot, stir them into the flour, etc., alternately with the beaten egg and slightly-warmed milk. Put the mixture into a paper-lined Yorkshire pudding tin or ordinary baking tin, measuring about 9", or, if preferred, into a square tin measuring 7" across. If cooked in the smaller tin one large cake is produced, and when cooked in the Yorkshire-pudding tin the cake is generally cut into slices or pieces for serving. Bake in a very moderate oven (Regulo 4 if a square tin is used; Regulo 3 when using a Yorkshire pudding tin); 340° for 45 minutes. Weight of cake when cooked—1 lb. 6 ozs.

CHOCOLATE NUT CAKE

8 ozs. flour	3 ozs. shortening
1½ teaspoons baking powder	5 ozs. sugar
1½ ozs. Bournville Cocoa	1 teaspoon vanilla essence
2 ozs. almonds, blanched and chopped	Pinch salt

Sift flour, baking powder and salt. Add $\frac{3}{4}$ of the sugar, and the nuts. Heat milk, add the balance of sugar, cocoa and shortening. Add to dry ingredients with beaten egg and essence. Mix thoroughly and bake in a 6" greased tin. If preferred, the top may be sprinkled with nuts before baking. Moderate oven (Gas Regulo 5, Electric 375°). Time: 30 minutes.

CHOCOLATE PARKIN

7 ozs. flour	6 ozs. golden syrup
5 ozs. fine or medium oatmeal	2 tablespoons mixed spice
½ teaspoon baking soda	Pinch grated nutmeg
2 ozs. Bournville Cocoa	1 egg
3 ozs. shortening	Pinch salt
3 ozs. sugar	¼ pint milk

Sieve flour, spice, nutmeg, cocoa, salt and baking soda. Rub in the shortening, then add the sugar and oatmeal. Make a well in centre and add the warmed syrup gradually with the beaten egg and milk. Mix smooth, and bake in a greased 8" cake tin. Moderate oven (Gas Regulo 5, Electric 375°). Time: 1 hour (approximately).

CHOCOLATE MUFFINS

8 ozs. flour	3 ozs. sugar
1½ teaspoons baking powder	2 eggs
1 oz. Bournville Cocoa	Pinch salt
3 ozs. shortening	1½ gills milk

Sieve flour, baking powder and salt, and mix in $\frac{3}{4}$ of the sugar. Heat half the milk, add balance of sugar, cocoa and shortening. Add to dry ingredients with the beaten eggs and balance of milk. Half fill greased patty pans or madeline tins. Bake at—Gas Regulo 5-6, Electric 400-425°. Time: 15-20 minutes.

PLAIN CHOCOLATE COFFEE CAKE

6 ozs. flour	1 oz. Bournville Cocoa
2 ozs. cornflour	2 tablespoons milk
1½ teaspoons baking powder	2 teaspoons coffee essence
4 ozs. shortening	2 eggs
5 ozs. sugar	

Heat the milk, add a dessertspoon of the sugar and the cocoa. Sieve the flours, baking powder and salt. Rub in the shortening and add the sugar. Make a well in the centre, add the beaten eggs and draw in a little of the flour. Then add the cocoa and coffee essence. Mix thoroughly and bake in a 6" greased tin. Moderate oven (Gas Regulo 5, Electric 375°). Time: $\frac{3}{4}$ hour (approximately).

ASSORTED CAKES

The eighteen cakes which follow are all made by the same process—that of creaming the butter and sugar together. The method of making cakes by this process produces a rich cake, but one of light texture, the quality depending on the proportion of butter to other ingredients.

The proportions in all the cakes are different. Each cake has a definite character, but once the method has been mastered, all can be made equally well. There is no need to ice any of them, but if liked, they can all be iced—it is a matter of personal taste.

All cakes in this group may be regarded as good “keeping” cakes.

Note.—Recipes give “shortening” in place of butter. Butter is of course first preference, but, if a substitute is necessary, see paragraph on “shortening” (page 5).

RICH CHOCOLATE CAKE

6 ozs. flour	3 eggs
$\frac{1}{4}$ teaspoon baking powder	$1\frac{1}{4}$ ozs. Bournville Cocoa
5 ozs. sugar	1 teaspoon vanilla essence
5 ozs. shortening	Pinch salt

Sieve flour, baking powder, cocoa and salt. Cream the shortening and lightly warmed sugar. Beat in the yolks of eggs gradually. Mix in the dry ingredients. Then fold in the stiffly-beaten egg white as lightly as possible. Bake in a papered 6" tin. Gas Regulo 5, Electric 375° Time: 1 hour.

BATTENBURG CAKE

6 ozs. flour	$\frac{3}{4}$ oz. Bournville Cocoa
$\frac{1}{4}$ teaspoon baking powder	$\frac{1}{2}$ -1 teaspoon vanilla essence
6 ozs. shortening	Pinch salt
6 ozs. castor sugar	1 dessertspoon milk

Grease and paper-line a tin measuring 6 $\frac{1}{4}$ " by 10" at least 1" deep. Place a double fold of greaseproof paper down the centre so that it divides the tin into two equal parts. Prepare the mixture in exactly the same way as the Chocolate Pound Cake, see page 13, omitting the cocoa but adding a little vanilla essence. Blend thoroughly, then put half the mixture into one half of the prepared tin. Dissolve the Bournville Cocoa in a half-tablespoon of milk by warming it, and fold this into the remainder of the cake mixture. Blend well, and put into the other half of the cake tin. Bake in a moderate oven (Gas Regulo 6, Electric 380°) for 20 minutes. Hollow out the centre of the mixture slightly, so that the cakes will not rise, but will be flat and even when cooked. When firm and cooked, turn the cakes on to a wire tray and cool. Then prepare some almond paste.

When the cakes are cold, cut off the outside edges, and cut them into even lengths as broad as the cake is deep. Six strips will be required—three chocolate and three white. Warm and sieve a little apricot jam, brush over each piece entirely with the warm jam, and arrange the coloured strips alternately. Press them well together to form a rectangle. Remove all trace of cake crumbs and jam from the table, and roll out some almond paste until it is slightly less than $\frac{1}{4}$ " thick. Brush the almond paste lightly with the apricot jam, lift the cake on to it carefully, press the paste very firmly against the side and along the top edges, leaving the ends uncovered. Decorate the edges of the almond paste between the fingers and thumbs. Allow to stand for a day or two, covering it with greaseproof paper. Then trim off the ends and use.



CADBURY · C

Cadbury's

BOURNVILLE

COCOA

1 LB. NET.

CADBURY · C

CHOCOLATE ALMOND CAKE

6 ozs. flour	1 oz. blanched almonds
$\frac{1}{2}$ teaspoon baking powder	2 eggs
2 teaspoons Bournville Cocoa	$\frac{1}{4}$ teaspoon almond essence
4 ozs. shortening	$\frac{1}{4}$ pint milk
5 ozs. sugar	Pinch salt
1 oz. ground almonds	

Sieve the flour, cocoa, ground almonds, baking powder and pinch of salt on to a piece of kitchen paper. Put the shortening into a basin and beat until it is creamy, then add the sugar. When these are well blended, beat in the yolks of egg. Stir in the dry ingredients alternately with the milk. Lastly, add the almond essence and the stiffly-beaten whites of egg. This final mixing should be done with a metal spoon as lightly as possible. Put the mixture in a greased and floured 6" cake tin, cover the top with split, blanched almonds, and bake in a moderately hot oven (Gas Regulo 5, Electric 375°) for approximately 1 hour. Cool on a wire cake tray. Weight of cake—1 lb. 4 ozs.

CHOCOLATE WALNUT LAYER CAKE

8 ozs. flour	2 eggs
1 $\frac{1}{2}$ ozs. sugar ^{TEASP. B.P.}	2 ozs. walnuts
6 ozs. sugar	Pinch salt
3 ozs. shortening	1 teaspoon vanilla essence
1 $\frac{1}{2}$ ozs. Bournville Cocoa	^{$\frac{1}{2}$ - $\frac{3}{4}$ TEACUP MILK.}
OR 2 TABLESP.	

Sieve the flour with the baking powder, salt and cocoa, then add the chopped walnuts to the dry ingredients. Cream the shortening, then beat in the sugar, and when well blended beat in each egg separately. Stir in the dry ingredients alternately with the milk, and lastly add the vanilla essence. Put it into a buttered and floured 8" sandwich tin. Hollow out the centre and bake for 1 hour in a moderate oven (Gas Regulo 4, Electric 350°). Cool on a wire cake tray. When cold, spread with Nut Cream Filling, see page 37, and ice with Caramel Icing, see page 43, or if preferred, any of the Chocolate Icings, see page 35. Weight of cake when cooked—1 lb. 8 ozs.

CHOCOLATE FUDGE CAKE

8 ozs. flour	3 eggs
1 $\frac{1}{2}$ teaspoons baking powder	1 gill milk
1 $\frac{1}{2}$ ozs. Bournville Cocoa	$\frac{1}{2}$ -1 teaspoon vanilla essence
6 ozs. sugar	

Sieve the flour, cocoa and baking powder together. Put the shortening into a basin and work until creamy. Then beat in the sugar and the yolks of egg. Add the dry ingredients alternately with the milk, and lastly add the vanilla essence and the stiffly-beaten whites of egg. Bake in a shallow tin, measuring approximately 8" by 12", or in a round one of equivalent size. Bake for 50 minutes to 1 hour in a moderate oven (Gas Regulo 4, Electric 360°). When cooked, cool on a wire tray and spread with Chocolate Fudge Filling, see page 37. The cake can be iced, if liked, or sprinkled with icing sugar, whichever is preferred. The Caramel Icing, on page 36, is a suitable covering.

SMALL CHOCOLATE GATEAU

4 ozs. flour	1½ ozs. Bournville Cocoa
½ teaspoon baking powder	2 eggs
4 ozs. shortening	1 teaspoon vanilla essence
4 ozs. sugar	1 tablespoon milk

Sift flour and baking powder. Heat the milk, and add 1 dessertspoon of the sugar and the cocoa. Cream the shortening and balance of the sugar. Beat in the egg yolks singly. Fold in the dry ingredients alternately with the cocoa and essence. Then lightly mix in the stiffly-beaten egg whites. Bake in a 6" greased tin. Moderate oven (Gas Regulo 4-5, Electric 375°). Time: ¾ hour approximately.

CHOCOLATE POUND CAKE

6 ozs. flour	6 ozs. sugar
1 level teaspoon baking powder	3 eggs
1½ ozs. Bournville Cocoa	Pinch salt
6 ozs. shortening	

Sieve the cocoa, flour, baking powder and salt on to a sheet of clean kitchen paper. Cream the shortening, then mix in the sugar. When the shortening and sugar are well blended, beat in each egg separately. Lastly, stir in the dry ingredients lightly, using a metal spoon. If necessary, a very little milk may be added. Put into a well-buttered and floured cake tin measuring 6½" in diameter. Bake in a moderate oven (Gas Regulo 4, Electric 375°) for about 1 hour 20 minutes. Weight of cake—1 lb. 5 ozs. Cool on a wire tray, dredge with icing sugar, or ice.

NEAPOLITAN CAKE

6 ozs. flour	1 teaspoon Bournville Cocoa
¼ teaspoon baking powder	Pinch salt
5 ozs. shortening	½-1 teaspoon vanilla essence
5 ozs. sugar	A little cochineal
3 eggs	

Prepare the cake mixture as described for the Rich Chocolate Cake, see page 14, but omit the cocoa. Put one-third of the mixture into a 6" well-buttered cake tin, arranging it unevenly. Divide the remainder of the white cake mixture into two, and to one add a little pink colouring and strawberry essence. To the remainder, stir in one teaspoon Bournville Cocoa. Put the white and pink cake mixture alternately into the tin. Bake for approximately 1 hour in a moderate oven (Gas Regulo 4-5, Electric 375° approx.). When cooked, the cake weighs about 1 lb. 6 ozs.

CHOCOLATE COCONUT CAKE

6 ozs. flour	1 egg
1 teaspoon baking powder	1 teaspoon lemon juice
1½ ozs. Bournville Cocoa	½ teaspoon vanilla essence
3 ozs. shortening	Pinch salt
3 ozs. sugar	¼ pint milk
2 ozs. desiccated coconut	

Sieve the flour, baking powder and cocoa. Add the coconut. Cream the shortening and sugar, and beat in the whole egg, salt, lemon juice and vanilla essence. Stir in the dry ingredients and milk alternately. Put the mixture into a 6" paper-lined and greased tin. Hollow out the centre of the mixture. Bake for 1½ hours in a moderate oven (Gas Regulo 3, Electric 275°). When cooked, coat with Chocolate Icing, see page 35, and cover the sides of the cake with desiccated coconut.

CHOCOLATE RICE CAKE

6 ozs. flour	6 ozs. sugar
2-ozs. ground rice	2 or 3 eggs, according to size
1 teaspoon baking powder	$\frac{3}{4}$ gill milk
2 ozs. Bournville Cocoa	1 teaspoon vanilla essence
4 ozs. shortening	Pinch salt

Sieve the flour, cocoa, salt, baking powder and ground rice together. Cream the shortening, then beat in the sugar. When the shortening and sugar are well blended add each egg separately. Fold in the dry ingredients as lightly as possible, adding the milk alternately with the flour, etc. When all the ingredients are well blended, put into a greased and floured 6" cake tin, and bake in a moderate oven (Gas Regulo 4-5, Electric 375°) for 1 hour approximately. Weight of cake when cooked, approximately 1 lb. 10 ozs. Cool on a wire cake tray, sprinkle with icing sugar or coat with Chocolate or Coffee Icing, see page 35.

CHOCOLATE LOG CAKE

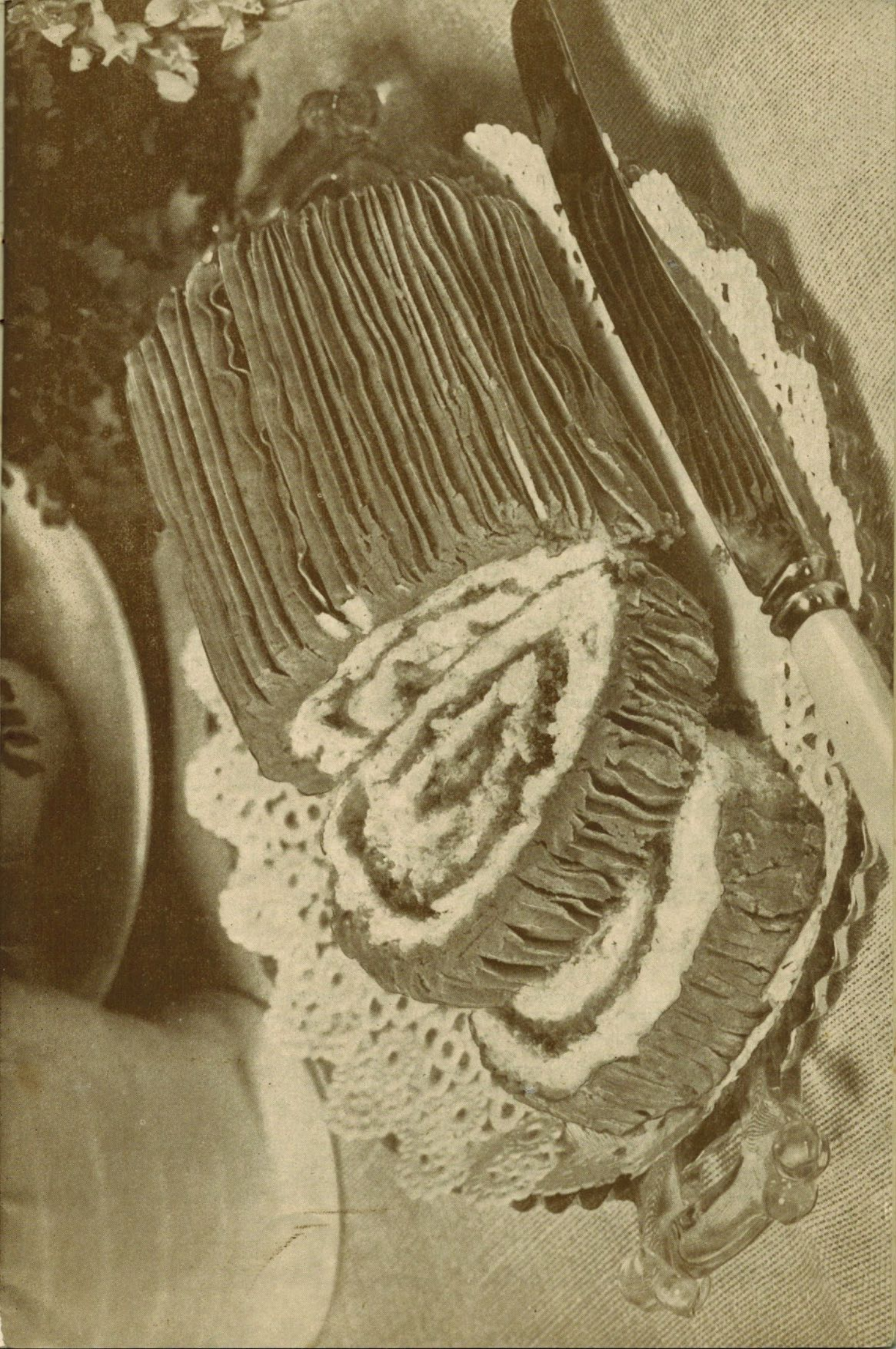
4 ozs. flour	2 eggs
Pinch of salt	A little milk
1 level teaspoon baking powder	Apricot jam
4 ozs. sugar	Chocolate Butter Icing, see page 36
2 ozs. margarine or shortening	

Grease a Swiss-roll tin, and line with paper. Sieve the flour and baking powder with the pinch of salt. Cream the shortening, then add the sugar and each egg separately, beating them in hard. Stir in the dry ingredients alternately with the milk. Put into the prepared cake tin and bake in a hot oven (Gas Regulo 6-7, Electric 425°) for 10 minutes until it is lightly cooked. Turn on to a sheet of paper, well dredged with sugar, spread with warmed apricot jam, and roll up to form a good shaped roll. Put on to a wire cake tray to cool. Trim the edges, spread the whole of the roll with Chocolate Butter Icing, and mark with a fork to represent the bark of a tree. The log can be decorated or not, as liked.

DEVIL'S FOOD CAKE

10 ozs. flour	3 eggs
1½ teaspoons baking powder	5-6 tablespoons milk
4 ozs. shortening	1 teaspoon vanilla essence
8 ozs. sugar	Pinch salt
2 ozs. Bournville Cocoa	

Shortening and flour three 6" sandwich tins. Sieve the flour with the baking powder, Bournville Cocoa and pinch of salt. Put the shortening into a basin and beat until creamy. Work in the sugar, then beat in the yolks of egg. Add the sieved flour to the creamed butter and sugar alternately with the milk. Whip up the white of egg stiffly and fold into the mixture with the vanilla essence. When all the ingredients are well blended, put equal quantities into the three tins, hollowing out the centres, so that the cakes when cooked will be flat. Bake for 25 minutes in a moderate oven (Gas Regulo 4, Electric 350°). Weight of cakes when cooked—2 lbs. (approx.). Cool the cakes on a wire tray, and when cold sandwich with any filling liked, such as Chocolate Butter Icing or Chocolate Banana Filling, see pages 36 and 37, and pour Chocolate Icing, see page 35, over the whole. Sprinkle a little Bourn-Vita round the sides of the cakes as a decoration.



DEVIL'S FOOD CAKE, No. 2

8 ozs. flour	2 eggs
$\frac{1}{2}$ teaspoon baking soda	1 gill milk
2 ozs. Bournville Cocoa	$\frac{1}{2}$ teaspoon vanilla essence
$\frac{1}{4}$ lb. shortening	$\frac{1}{8}$ teaspoon salt
8 ozs. sugar (or brown sugar)	

Heat the milk and add one dessertspoon of the sugar and the cocoa. Sieve the flour and baking soda. Cream the shortening and balance of sugar. Add the salt and essence. Beat in the whole eggs singly. Stir in the dry ingredients and the cooled cocoa (or chocolate) alternately. Bake in greased 7" tins. (Gas Regulo 4, Electric 360°) Time: 30 minutes approximately.

CHOCOLATE CARAMEL LAYER CAKE

$\frac{1}{2}$ lb. flour	2 eggs
1 teaspoon baking powder	1 teaspoon vanilla essence
4 ozs. shortening	Pinch salt
8 ozs. sugar (light brown is best)	5 tablespoons milk

Put 2 ozs. of the sugar into a strong saucepan with a dessertspoon of water, and boil it until it becomes deep golden brown. Allow it to cool, and then add the hot milk and dissolve the caramel in it. Sieve the flour, salt and baking powder on to a piece of paper, put the shortening or margarine into a basin, and work it together until it is of a creamy consistency. Then beat into it the remaining 6 ozs. of sugar, which, if possible, should be light brown. Beat in each egg separately, then stir in the dry ingredients alternately with the milk containing the dissolved caramel and add the vanilla essence. Put the mixture into two greased and floured 6 $\frac{3}{4}$ " sandwich tins. Cook in a moderate oven (Gas Regulo 5, Electric 375°) for 30 minutes. When cooked, cool on the cake tray, split each cake in half, and prepare the following filling:—

Chocolate Butter Filling

4 ozs. shortening	6 ozs. castor sugar
8 scoops Bournville Cocoa	

Sieve the Bournville Cocoa, put the shortening into a basin and cream it. Then beat in the sugar and the Bournville Cocoa. Spread the sections of cake with the filling, sandwich them together, dredge with icing sugar, or, if preferred, coat with Caramel Icing, see page 36.

CHOCOLATE SPONGE

2 eggs and their weight in sugar,	Vanilla essence
flour and margarine or shortening	$\frac{1}{4}$ teaspoon of baking powder
1-1 $\frac{1}{2}$ ozs. Bournville Cocoa	

Cream the shortening and sugar. Beat the eggs, sieve flour, cocoa and baking powder together. Add eggs and flour mixture alternately and a little vanilla essence. The mixture should be soft. If necessary add a little milk. Put the mixture into two greased sandwich tins. Bake in a fairly hot oven (Gas Regulo 5-6, Electric 400°) for about 20 minutes. When cold, sandwich together with Butter Icing, see page 36, ice with Chocolate Icing, see page 35, and decorate with Butter Icing.

CHOCOLATE LOAF OR LAYER CAKE

12 ozs. flour	8 ozs. shortening
1½ teaspoons baking powder	9 ozs. sugar
1½ ozs. cocoa	3 eggs
½ oz. salt	¼ pint milk

Sift flour and baking powder. Cream shortening, sugar and salt. Beat in the eggs singly. Stir in a small part of the flour. Dissolve cocoa in milk and add to the above. Next add balance of flour.

For Loaf—Bake in greased and papered tins at—Gas Regulo 4-5, Electric 375°.

For Layer Cake—Gas Regulo 5-6, Electric 400°.

When cool spread with chocolate icing.

CHOCOLATE CORNER CAKE

(See frontispiece for illustration.)

8 ozs. flour	2 eggs
1½ teaspoons baking powder	1 teaspoon vanilla essence
5 ozs. shortening	1½ gills milk
6 ozs. sugar	Pinch salt
1½ ozs. Bournville Cocoa	

Grease a square 7" cake tin. If a square tin is not available, use a round tin of similar capacity. Sieve the flour, baking powder, cocoa and the pinch of salt on to a piece of kitchen paper. Put the shortening into a basin and work it with a wooden spoon until it is creamy. Beat in the castor sugar, then add the two yolks of egg, beating the mixture hard. Stir in the dry ingredients lightly, adding the milk gradually. Beat up the white of egg stiffly, and fold into the mixture until all the ingredients are well blended: lastly, add the vanilla essence. Put into the prepared cake tin and bake for 1 hour 10 minutes in a moderate oven (Gas Regulo 5, Electric 375°). When cooked, cool on a wire cake tray. The cake should weigh approximately 1 lb. 9 ozs. Coat with White Icing, and pipe the corners with Chocolate Icing. (See Chocolate Dominoes recipe, page 20, for Icings). The cake is most effective if the icing is tinted pale orange or a soft shade of green, as both colours contrast well with the chocolate corners.

HUNGARIAN CAKE

6 ozs. flour	2-3 teaspoons coffee essence
¾ teaspoon baking powder	Pinch salt
4 ozs. shortening	
5 ozs. sugar	Chocolate Butter Icing (see p. 36)
3 eggs	Chocolate Icing (see p. 35)

Grease and paper-line a shallow tin, 8" in diameter. Sieve the flour and baking powder with a pinch of salt on to a piece of kitchen paper. Put the shortening into a basin and cream with a wooden spoon, then beat in the castor sugar. Add each egg separately to the creamed shortening and sugar, adding a little sprinkling of flour between each egg. Stir in the dry ingredients as lightly as possible, and lastly add the coffee essence. The exact quantity depends on the strength; if necessary, slightly more than 2 teaspoons can be added. Bake for ¾ hour (Gas Regulo 5, Electric 360°). Cool on a wire tray or sieve, and when cold split in half and spread with Chocolate Butter Icing. Sandwich together, and sprinkle with icing sugar, or if preferred the cake can be iced with Chocolate Icing.

SMALL CAKES, FANCIES AND BISCUITS

●

The twenty-six recipes which follow afford excellent scope for good manipulation and a neat finish. A glance at the illustration of Chocolate Dominoes will show what a careful worker can achieve.

Home cooks should discard the notion that there are many different methods and principles of cakemaking to be learnt, for such is not the case. All these small cakes and fancies are made by the methods discussed in the early part of the book, there being only a slight variation in the proportions of ingredients used and some modification in the size and shape of the cakes; e.g., paper cases can be used, or, if preferred, small thimble-shaped tins. Biscuits may be baked and left plain, or the same ones can be sandwiched with jam or chocolate filling and iced.

These few facts are sufficient to show that there is nothing new to learn in this section regarding the mixtures, although many new cakes and fancies can be evolved if you are armed with the knowledge acquired by making the plain cakes, assorted cakes and sponges. To give one example, any of the sponge recipes to be found on pages 27 to 30—that for Chocolate Genoese Sponge is particularly suitable—can be used as a basis for a large assortment of fancies. The baking tins should be well greased and floured, or lined with greaseproof paper (to remove paper moisten with cold water). When quite cold cut into small shapes—crescents, hearts, diamonds, squares, oblongs, ovals, rounds, rings, which are ready for icing or decorating in a variety of ways, i.e. some can be coated with chocolate glacé icing, others with butter icing. Further variety can be obtained by piping in a colour which contrasts with the coating. The ingenuity of a cook is the only limit to the number and variety of fancies which can be made from a simple mixture.

CHOCOLATE MADELEINES

4 ozs. flour	2 eggs
1 level teaspoon baking powder	Apricot jam
1 oz. Bournville Cocoa	Coconut
4 ozs. shortening	Preserved cherries and angelica for decoration
4 ozs. sugar	

Well grease some deep individual moulds—from 10 to 12 are sufficient for this amount of mixture. Sieve the flour with the cocoa and a level teaspoon of baking powder. Beat the sugar and shortening to a cream in the basin with a wooden spoon, then beat in each egg separately, and stir in the dry ingredients. Three-parts fill the tins with the mixture, and bake in a quick oven (Gas Regulo 6, Electric 390°) for about 15 minutes, or until the cakes feel firm. Cool on a wire cake tray. If necessary, trim the bottom of the cakes a little to make them stand upright. Warm a little apricot jam, and when the cakes are cold, brush them over with jam, holding them on a skewer to do so. Then roll them in the coconut. Decorate the top with a half cherry and pieces of angelica.

CHOCOLATE CORN ROUGHS

$\frac{1}{4}$ lb. block Bournville Chocolate	1 oz. cornflakes
--	------------------

Break up the chocolate into a basin, and stand it over a saucepan containing hot water, but do not allow it to get too hot. When just melted and soft, stir in the cornflakes lightly in order not to break them. Place in heaps, using two forks, on waxed or greaseproof paper until they are quite set. This quantity makes seven Roughts.

CHOCOLATE MACAROONS

4 ozs. ground almonds	1½ ozs. Bournville Cocoa
8 ozs. castor sugar	3½ tablespoons milk
Vanilla essence	1 white of egg
$\frac{1}{2}$ oz. blanched almonds	

Whip up the white of egg stiffly, stir in the sugar, ground almonds, and the cocoa previously cooked in the milk. Lastly, add the vanilla essence. Place rice paper on a baking sheet, and put the mixture in small heaps of equal size, with a split blanched almond on top of each, then bake in a moderate oven (Gas Regulo 4, Electric 350°) for about 15 to 20 minutes until they are cooked.

CHOCOLATE TARTLETS

4 ozs. shortcrust pastry	Apricot jam
--------------------------	-------------

Filling—

2 ozs. sugar	2 teaspoons Bournville Cocoa
2 ozs. ground rice	Vanilla essence
2 ozs. shortening	1 tablespoon milk
1 egg	

Roll out the shortcrust pastry and line deep patty pans with it. Put a teaspoonful of apricot jam in the bottom of each. Then make the filling: Work the butter and sugar together until it is of a creamy consistency, beat in the egg yolk, fold in the cocoa and ground rice, previously sieved.

CHOCOLATE DOMINOES

These are made with plain white sponge, and with a chocolate sponge mixture, in two separate tins, each measuring 10" by 7". When cooked, the white sponge is iced with Chocolate Icing, and the chocolate sponge with White Icing.

White Sponge—

3 ozs. flour	3 ozs. sugar
$\frac{1}{2}$ teaspoon baking powder	1 large egg
3 ozs. shortening	

Chocolate Sponge—

3 ozs. flour	3 ozs. shortening
$\frac{1}{2}$ teaspoon baking powder	3 ozs. sugar
1 oz. Bournville Cocoa	1 large egg

Methods for making both sponges are the same. Line two small Swiss-roll tins, measuring 10" by 7", with well-greased paper. Then mix the sponge as follows:—

Beat the shortening and sugar to a cream, then beat in the egg, and stir in the sieved flour as lightly as possible. (When making the chocolate sponge, the cocoa should be mixed with the flour.) If necessary, a very little milk can be added to make the mixture of a stiff dropping consistency. Put the white sponge and chocolate sponge mixture into the tins, and bake in a quick oven (Gas Regulo 5, Electric 375°) until they are well risen and firm. Turn out, cool on a wire cake tray, and when cold, ice the white sponge with chocolate icing and the chocolate sponge with white icing. For the chocolate icing use:—

1½ ozs. Bournville Cocoa	1½ tablespoons warm water (approx.)
$\frac{1}{2}$ teaspoon vanilla essence	1½ tablespoons milk (approx.)

For the white icing, use—

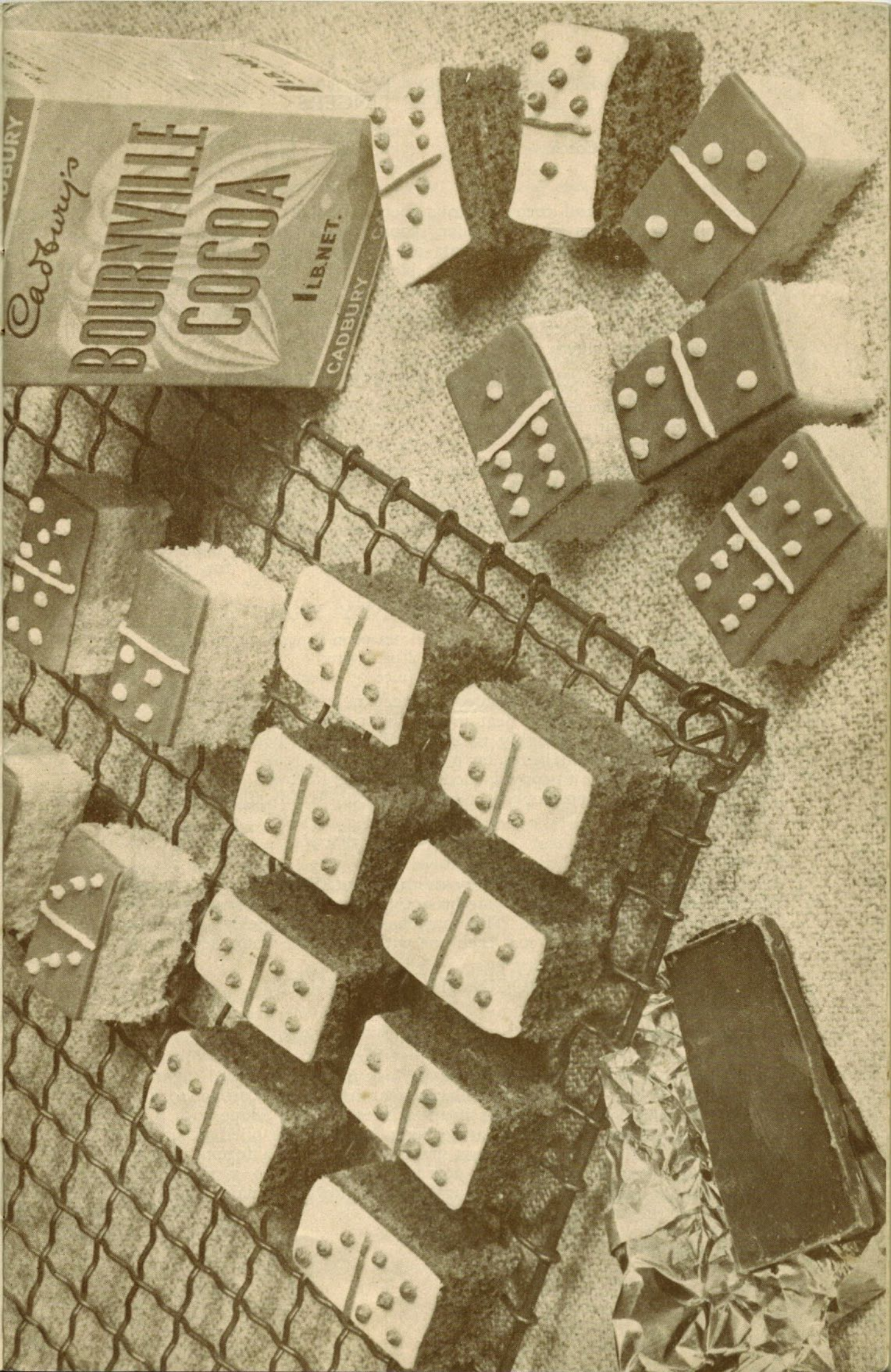
4 tablespoons icing sugar	4 ozs. icing sugar
2-3 tablespoons milk and warm water (approx.)	

When the icings are set, cut into oblongs neatly and pipe the markings on the dominoes in contrasting colour. If liked, the spots can be dropped on with the aid of a skewer.

CREOLE BISCUITS

4 ozs. flour	Yolk of an egg
1 oz. Bournville Cocoa	$\frac{1}{2}$ teaspoon vanilla essence
3 ozs. shortening	Pinch salt
1 oz. castor or icing sugar	1 tablespoon milk (or less)

Heat the milk. Add one teaspoonful of the sugar and the 1 oz. of cocoa. Sieve the flour and salt into a basin, and rub in the shortening with the tips of the fingers. Add the rest of the sugar, then mix in the liquid cocoa, and a little beaten egg. Lastly add the vanilla essence. Leave for a short time until the mixture becomes firm. Turn on to a floured board, and knead until smooth. Roll out until it is fairly thin. Cut into small rounds, about 1½" in diameter, with a pastry cutter, put on to a greased baking sheet, and bake in a moderate oven (Gas Regulo 4-5, Electric 360-375°) for about 15 minutes. When the biscuits are cold, put a little Butter Icing, see page 36, on top of half the biscuits, and place another biscuit on top. Then ice with Chocolate Icing, No. 1, see page 35.



CHOCOLATE FINGERS

5 ozs. flour
 $\frac{1}{2}$ oz. Bournville Cocoa
 $2\frac{1}{2}$ ozs. shortening
3 ozs. sugar

1 egg
 $\frac{1}{4}$ gill milk
Pinch salt
 $\frac{1}{2}$ teaspoon vanilla essence

*1
2 TEASPOON B.P.*

Sieve the flour and cocoa on to a piece of kitchen paper. Beat the shortening to a cream with a wooden spoon. Beat in the sugar, and then the egg. Stir in the dry ingredients alternately with the milk. Lastly, add the vanilla essence. When well blended, put into a well-greased shallow tin measuring approximately 10" by 6". Put in a moderate oven (Gas Regulo 4-5, Electric 375°) for 15 minutes. Turn out and cool on a wire cake tray. When cold, ice with Chocolate Icing, No. 1, see page 35, and cut into neat fingers.

CHOCOLATE PETITS FOURS

4 ozs. ground almonds
4 ozs. icing sugar
1 oz. Bournville Cocoa

White of 1 egg
Almond essence
 $2\frac{1}{2}$ tablespoons milk

Cook the cocoa in the milk. Put the ground almonds and icing sugar into a basin, stir in the blended cocoa. Add half teaspoon almond essence and 1 white of egg. Knead to make the mixture smooth. Shape into balls or put into a forcing bag and pipe with a large star forcer. Brush over with a little beaten egg and milk, decorate with pieces of angelica and almonds, and bake in a moderate oven (Gas Regulo 4) for about 15 minutes.

CHOCOLATE BRANDY SNAPS

2 ozs. flour
2 ozs. butter
2 ozs. sugar

1 teaspoon ground ginger
2 ozs. syrup
Juice of $\frac{1}{4}$ lemon

Put the butter and syrup into a saucepan, and warm them, but do not allow to get very hot. Beat in the sugar, flour and ginger, and the lemon juice. Beat thoroughly to blend all the ingredients. When cold, put 1 level teaspoon in heaps on a greased baking tray, allowing ample room for the mixture to spread. Cook in a moderate oven (Gas Regulo 4, Electric 350°). When cooked, allow to cool. Meanwhile prepare the following coating:

6 ozs. loaf sugar
2 ozs. orange peel

$1\frac{1}{2}$ ozs. almonds

Chop the almonds and peel very thinly. Heat the sugar in a saucepan until it changes colour and is pale brown, then add the nuts and peel, and spread on the brandy snaps. This must be done very quickly. When set, turn the biscuits over and coat each one with Chocolate Icing, see page 35.

CHOCOLATE MERINGUES

2 ozs. granulated sugar
2 ozs. castor sugar

$\frac{1}{2}$ oz. Bournville Cocoa
2 whites of egg

Sieve the castor sugar and cocoa together. Separate the yolks from whites of egg, beat up the white stiffly, whisk in the granulated sugar and lastly fold in the castor sugar and cocoa as lightly as possible, so as to avoid breaking down the bubbles in the whites of egg. Shape with 2 desertspoons, placing them on to a meringue board or an oiled paper on a baking sheet. If preferred, the mixture can be put into a forcing bag and piped out, using a plain round forcer. Put them into a warm oven (Gas Regulo $\frac{1}{4}$ to $\frac{1}{2}$, Electric 200-275°), and allow to remain for several hours until they are quite dry and firm.

CHOCOLATE COCONUT BUNS

8 ozs. flour	1 oz. desiccated coconut
1 teaspoon baking powder	1 egg
1½ ozs. Bournville Cocoa	½ teaspoon vanilla essence
4 ozs. shortening	Pinch salt
4 ozs. sugar	1 teacup milk (approx.)

Sieve the flour with the baking powder and cocoa on to a piece of kitchen paper. Put the shortening into a basin and cream it, add the sugar, and beat in the egg. Stir in the dry ingredients, including the desiccated coconut. Add the vanilla essence and sufficient milk to mix to a stiff dropping consistency. Put into well-buttered small cake tins, and bake in a moderate oven (Gas Regulo 5, Electric 280°) for 15 minutes.

CHOCOLATE SHORTS

8 ozs. flour	2 ozs. sugar
½ oz. Bournville Cocoa (Sieved)	½ oz. salt
¼ lb. shortening, rubbed into above	1 egg

Sieve flour and cocoa and rub in shortening. Make a well, and add the sugar, egg and salt. Mix all together. Roll out to ⅛" thickness, and cut into pieces 3" by 1¼". Bake at—Gas Regulo 5, Electric 375-400°. Time: 25 minutes approximately. Sandwich together with jam. When cool spread chocolate icing on top, and decorate with cherry or walnut.

CHOCOLATE ECLAIRS

2 ozs. butter	3 small eggs
¼ pint boiling water	Whipped cream or substitute
4 ozs. flour	Chocolate Icing, see page 35

Put the butter into a sauce pan. Add the boiling water, and then stir in the flour and beat hard until the panada (the mixture of flour, butter and water) is thick and smooth, and leaves the sides of the pan. Remove the pan from the fire, and allow to cool slightly. Add the unbeaten eggs one at a time, beating thoroughly until the mixture is smooth before adding the next one. The eggs should be absolutely fresh, and the number required depends somewhat on their size. If very large, two and a half may be sufficient. If small, three are generally required. Put the paste into a linen bag with a ½" plain round tube, and force it into 3½" to 4" strips on to a greased baking tray, and bake in a moderate oven (Regulo Mark 6) (380°) for 25 to 30 minutes according to size. When cold, make slits in the side and insert whipped cream or substitute. Coat the tops with Chocolate Icing, No. 3, see page 35.

CHOCOLATE GINGER BISCUITS

4 ozs. flour	2 ozs. butter
2 ozs. sugar	2 teaspoons ground ginger
1 tablespoon Bournville Cocoa	¼ teaspoon bicarbonate of soda
1½ tablespoons syrup	

Sieve the flour, cocoa and bicarbonate of soda and ginger together. Mix them thoroughly. Put the butter and syrup into a saucepan, and melt, but do not allow to get hot. Then add the sugar, and when dissolved, stir in the dry ingredients. Beat hard, allow to get cold, turn out on to a floured board, roll out until they are about ¼" thick, and then cut into rounds with a cutter. Place on a greased baking tray, and bake in a moderate oven (Gas Regulo 3-4, Electric 350°) for about 20 minutes.

CHOCOLATE SHORTBREADS

8 ozs. flour	4 ozs. castor sugar
1 oz. Bournville Cocoa	Pinch of salt
5 ozs. butter	Little yolk of egg
$\frac{1}{2}$ teaspoon vanilla flavouring	

Sieve the flour, cocoa and pinch of salt together, and mix these dry ingredients well. Rub the butter into the flour with the tips of the fingers, working it well in. Stir in the sugar, and mix with yolk of egg, adding only just sufficient to make it bind. Add flavouring. Place in a 9" by 6" shortbread tin, flatten with the hand, and bake in a moderate oven for 1 hour. The weight when cooked—1 lb. 4 ozs.

N.B.—If preferred, the mixture can be divided into four or five oval shapes with a shortbread cutter.

CANADIAN DATE CAKE

$\frac{1}{2}$ lb. shortening	1 lb. flour
$\frac{1}{2}$ lb. sugar	1 oz. baking soda
$\frac{1}{8}$ oz. salt	2 ozs. Bournville Cocoa
(Cream together)	(Sieve together)
3 eggs, beaten into above	10 ozs. stoned dates
3 ozs. golden syrup, also added	$\frac{1}{2}$ pint and 2 tablespoons cold water
	6 ozs. chopped walnuts
	(Soaked and made into a pulp)

Cream shortening and sugar and beat in the eggs singly. Then mix in the syrup. Add the flour and the pulped dates and walnuts, and mix smoothly. Spread out on a papered baking tray. Gas Regulo 5, Electric 375-400°. Time: According to thickness. When cool, ice with chocolate icing, and decorate with dates and walnuts.

MILK CHOCOLATE COOKIES

Cream $\frac{1}{2}$ cup butter (or substitute) with 6 tablespoons granulated sugar and 6 tablespoons brown sugar. Add 1 egg beaten whole. Add $\frac{1}{2}$ teaspoon soda, $1\frac{1}{2}$ cups sifted flour and $\frac{1}{2}$ teaspoon salt which have been mixed together. Add a few drops of hot water. Mix together until well blended.

Lastly add $\frac{1}{2}$ cup chopped nuts and two $\frac{1}{4}$ lb. blocks of Cadbury's Dairy Milk Chocolate (cut into small dice about the size of a pea). Flavour with $\frac{1}{2}$ teaspoon vanilla and drop by $\frac{1}{2}$ teaspoons on a greased tray. Bake 10 to 12 minutes in 375° oven. Makes 50 Cookies.

If you wish to conserve sugar use $\frac{3}{8}$ cup each of honey and maple syrup in place of the white and brown sugar. Increase flour from $1\frac{1}{2}$ cups to $1\frac{3}{4}$ cups and eliminate water entirely.

CHOCOLATE COCONUT CAKES

$\frac{1}{4}$ pint egg white (about 5)	6 ozs. sugar (cover with cold water
6 ozs. sugar	and boil for 10 minutes, or to
$\frac{1}{4}$ teaspoon vinegar	245°)
Pinch salt	$\frac{1}{2}$ lb. dessicated coconut
(Beat stiffly)	1 oz. Bournville Cocoa

Whip the egg whites, salt, sugar and vinegar to a firm meringue. Continue whisking, and gradually stir in the boiled sugar, then lightly the mixed coconut and cocoa. Lay out on slightly greased tray. Bake at—Gas Regulo 4, Electric 350°. Bake until dry.

Note.—Stir the sugar and water until it boils. At this point refrain from further whisking.

HERMITS

$\frac{1}{2}$ lb. flour
 1 teaspoon baking powder
 1 oz. cocoa
 1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{4}$ teaspoon spice
 $\frac{1}{8}$ teaspoon salt
 Pinch ground cloves
 10 ozs. sugar
 8 ozs. shortening

2 eggs
 $\frac{3}{4}$ teacup treacle or more
 1 teacup water
 6 ozs. crumbs
 4 ozs. raisins
 4 ozs. currants
 2 ozs. coconut
 2 ozs. chopped nuts
 $\frac{1}{2}$ teaspoon baking soda

Cream the sugar, shortening and salt. Beat in the eggs singly. Add the molasses. Dissolve the baking soda in the water and add to the mixture alternately with the crumbs. Add the sifted flour, baking powder and spices. Then add balance of ingredients. Place small pieces on lightly-greased tray. Bake at Gas Regulo 4, Electric 350°. Time: 20 minutes approximately.

PEANUT BROWNIES

4 ozs. flour
 1 level teaspoon baking powder
 1 oz. Bournville Cocoa
 2 $\frac{1}{2}$ ozs. shortening
 3 ozs. sugar

Pinch salt
 $\frac{1}{4}$ lb. peanuts
 $\frac{1}{2}$ teaspoon vanilla essence
 1 egg
 A little milk

Sieve the flour, baking powder and cocoa. Rub in the shortening. Add the sugar, salt, peanuts and essence. Mix the whole to a firm dough with the egg and a little milk. Lay out on tins with a dessertspoon. Bake at—Gas Regulo 4-5, Electric 375-400°. Time: 20 minutes approximately.

CHOCOLATE GENOISE

$\frac{1}{2}$ lb. shortening
 9 ozs. sugar
 $\frac{1}{8}$ teaspoon salt
 (Cream together)
 4 eggs and 1 yolk, gradually beaten
 into above

2 tablespoons hot milk
 1 oz. Bournville Cocoa
 (Mix together)
 12 ozs. flour
 1 $\frac{1}{2}$ teaspoons baking powder
 (Sieve together)

Thoroughly cream the shortening and sugar and beat in the eggs gradually. Add a little of the flour with the cooled cocoa mixture. Stir in balance of flour and mix smooth. Spread on papered tray. Mixture should be about 1" thick. Bake at—Gas Regulo 5, Electric 375-400°. Time: 40 minutes approximately. Spread with chocolate icing and cut into shapes.

BELMONT COOKIES

5 ozs. shortening
 6 ozs. sugar
 $\frac{3}{4}$ teaspoon baking soda
 1 cup treacle
 $\frac{1}{2}$ pint water
 14 ozs. crumbs
 1 oz. flour

1 oz. Bournville Cocoa
 1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon ground ginger
 Pinch spice
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon nutmeg

Cream sugar, shortening and salt. Mix in the treacle. Dissolve soda in the water. Add to the crumbs, then mix into above. Sift the flour, baking powder, and spices into the mixture and mix well. Dip small pieces in sugar and bake in greased patty pans. Gas Regulo 4-5, Electric 375°. Time: 20 minutes approximately.

CHOCOLATE WHEELS

6 ozs. flour	2 teaspoons ground ginger
Pinch of salt	$\frac{1}{2}$ teaspoon cinnamon
2 ozs. butter	$\frac{1}{2}$ teaspoon mixed spice
4 ozs. brown sugar	1 tablespoon golden syrup

Sieve the flour, salt, spice, ground ginger and cinnamon together. Cream the butter and sugar, stir in the dry ingredients alternately with the golden syrup to make a stiffish paste. If the weather is very cold, the syrup may be warmed in order to make the mixing easier. Roll out the pastry on to a floured board, and cut in $1\frac{1}{2}$ " rounds with a pastry cutter. Place on a greased baking tray, and bake in a moderate oven (Gas Regulo 4-5, Electric 375°) for about 15 minutes. Spread half the biscuits with a little Butter Icing, see page 36, and sandwich. Prepare some Chocolate Icing, No. 3, see page 35, and dip half the sandwiched biscuit in the icing so that the biscuits are half covered. Place on waxed paper until the icing has set.

AFGHANS

6 ozs. flour	$\frac{1}{8}$ oz. salt
1 level teaspoon baking powder	$4\frac{1}{2}$ ozs. sugar
1oz. cocoa	1 egg
$3\frac{3}{4}$ ozs. shortening	$\frac{1}{2}$ teaspoon vanilla essence

Sieve flour, cocoa and baking powder, and rub in the shortening. Dissolve the sugar with the egg and essence, and mix. Break into 18 pieces, and place in tin. Slightly flatten, and bake at—Gas Regulo 5, Electric 375-400°. Time: 15 minutes approximately. When cool, ice with chocolate icing, and place little walnut pieces on top before icing sets.

WALNUT FINGERS

Short Paste—

$\frac{1}{2}$ lb. flour	1 egg yolk
5 ozs. shortening	Pinch salt
3 ozs. icing sugar	

Make the above, and roll out to about $\frac{1}{4}$ " thick and place on baking tray. Then cover with the following mixture:—

$\frac{1}{2}$ lb. sugar	3 ozs. chopped walnuts
3 whites of egg	$\frac{1}{4}$ oz. Bournville Cocoa

Beat the egg whites and salt stiffly. Stir in the mixed cocoa and sugar and the walnuts. Place on fire and stir until nearly boiling. Spread mixture on paste, and bake at—Gas Regulo 4-5, Electric 360-385°. When cool cut into slices.

CHOCOLATE ALMOND FANCIES

$\frac{1}{4}$ lb. shortening	2 ozs. flour
$\frac{1}{4}$ lb. sugar	1 level teaspoon baking powder
Pinch salt	(Sieve together)
(Cream until light)	2 ozs. ground almonds, add to above
2 eggs, beaten into above	and mix all smooth

Line patty pans with biscuit paste, and $\frac{3}{4}$ fill with the mixture. Bake at—Gas Regulo 4-5, Electric 375-400°. Time: 20 minutes approximately. When cool spread chocolate icing on top and decorate with sliced cherry or walnut.

SPONGE CAKES AND GATEAUX

GATEAU DELIGHT

5 ozs. flour	6 tablespoons water
$\frac{1}{4}$ teaspoon baking powder	3 eggs
$6\frac{1}{2}$ ozs. sugar	

Line an 8" sandwich tin with kitchen paper, and grease it well. Put the sugar and water into a saucepan, and boil for about 3 minutes, or until syrupy. Allow it to cool for 3 minutes, meanwhile put the eggs into a basin and whisk them. Then pour on the syrup; continue to whisk until the mixture thickens. Stir in the sieved flour, and fold lightly into the mixture. When well blended, put into the prepared sandwich tin, and bake in a moderate oven (Gas Regulo 5, Electric 350°) for 45 minutes.

N.B.—This makes one of the most delicious sponge sandwiches, and it can be used equally well for a roll. Used with a Chocolate Filling or Chocolate Butter or White Icing it is very popular.

ICED CHOCOLATE ROLL

5 ozs. flour	6 ozs. sugar
$\frac{1}{4}$ teaspoon baking powder	6 tablespoons water
1 oz. Bournville cocoa	3 eggs

Sieve the flour and cocoa together, and proceed exactly according to the directions given for Gateau Delight, above, putting the mixture into a paper-lined Swiss-roll tin, measuring 9" by 14". Cook in a moderate oven (Gas Regulo 7, Electric 400°) for 45 minutes. Weight before icing—12 ozs. Turn the roll on to a piece of sugared paper, trim off the crisp edges, and dredge lightly with sugar. Place a piece of kitchen paper on top of it, dredge this also with sugar, and roll up. Allow to cool. When quite cold, unroll, remove the paper, and spread with Butter Cream Filling, see page 38, or Chocolate Butter Icing, see page 36. Coat with Butter Icing or Chocolate Icing according to whether a rich icing is required.

CHOCOLATE SANDWICH

4 ozs. flour	3 eggs
4 ozs. sugar	

Line a 7" sandwich tin with well-greased kitchen paper. Break the eggs into a fairly large basin, and add the sugar to them. Whisk well for about 10 minutes until the mixture is light and fluffy. Whisk in the sieved flour as lightly as possible, and when well blended, pour the mixture into the prepared tin, and bake in a moderate oven (Gas Regulo 5, Electric 360°) for 25 minutes, until golden brown and firm to the touch. When cooked, turn out on to a wire cake tray or sieve, and cool. When cold, split in half, spread with Chocolate Butter Filling, or any other preferred Filling, see pages 37 and 38. Sandwich together and coat with Chocolate Icing, see page 35. Decorate the top simply with mimosa balls or crystallised violets.

A BASKET OF MUSHROOMS

This is a variation of Chocolate Rice Cake. Prepare the cake according to the directions on page 14. baking the mixture in a paper-lined 6" cake tin, in a moderate oven (Gas Regulo 5, Electric 350°) for 45 minutes. When cold, ice with Chocolate Butter Icing, see page 36, although either of the other icings can be used, if liked. Meanwhile, prepare the mushrooms with meringue mixture—full directions for making Meringues are given on page 22. When mixed, put into a forcing bag, force out into rounds, using a $\frac{1}{2}$ " pipe in imitation of mushroom heads. With a $\frac{1}{4}$ " pipe force out small stalks. Put them into a warm oven (Gas Regulo $\frac{1}{4}$), and allow them to dry, following the directions given for making Meringues. When quite dry, remove from the tray, dip one end of each stalk in a little white of egg, and fix it to the head of the mushroom. When these are set, dust each with a little cocoa. Arrange some mushrooms suitably on the top of the cake, stick brown almonds into the Butter Icing on the side of the cake, and if liked, scatter finely-chopped pistachio nuts on top of the cake around the mushrooms to suggest grass. A more realistic effect is obtained if the mushrooms are made in different sizes.

SMALL CHOCOLATE SPONGE CAKES

4 ozs. flour	4 ozs. castor sugar
$\frac{1}{2}$ teaspoon baking powder	4 eggs
$\frac{3}{4}$ oz. Bournville Cocoa	

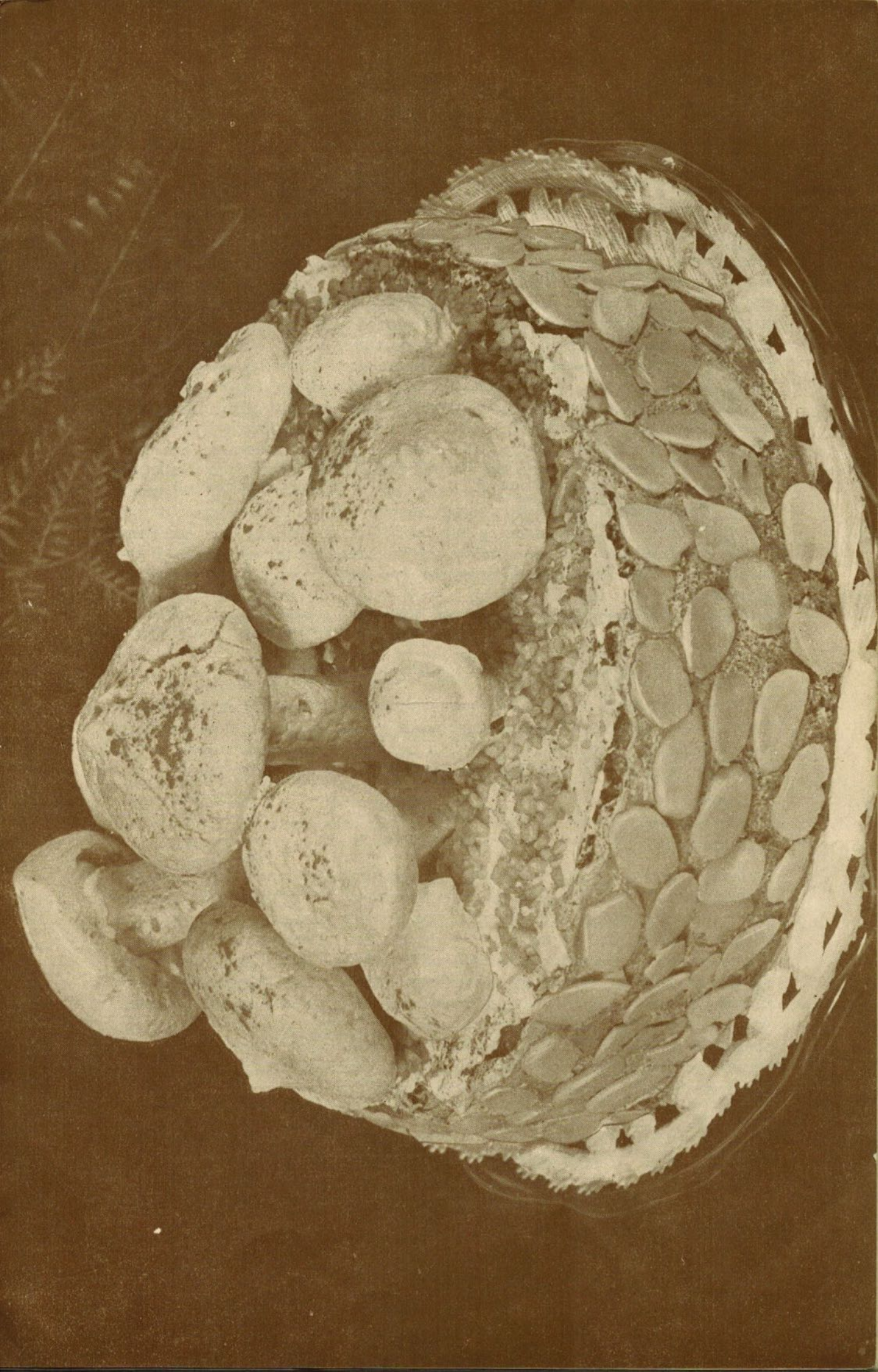
Butter 16 small sponge sandwich tins. Sieve the cocoa, flour and baking powder together, whisk the sugar and eggs together, until they are very light and frothy, and pale in colour. Then fold or stir in the dry ingredients as lightly as possible. When well blended, half fill the cake tins with the sponge mixture. Bake in a moderately hot oven (Gas Regulo 5, Electric 350°) for approximately 15 minutes. Dredge with castor sugar.

CHOCOLATE SPONGE ROLL

1 oz. Bournville Cocoa	3 eggs
4 ozs. flour	Vanilla essence
5 ozs. castor sugar	Pinch of baking powder

Line a Swiss-roll tin, measuring 9" by 13", with well-greased kitchen paper. Sieve the flour, cocoa and baking powder together. Whisk the eggs and sugar until they are pale in colour, light and frothy. Fold in the flour as lightly as possible, stir in the vanilla essence, blend well, put the mixture into the prepared baking tin, and cook in a hot oven (Gas Regulo 7, Electric 400°) for 8 minutes. Turn out on to sugared paper, trim the edges, spread with warmed apricot jam, roll up, and when cold, sprinkle with icing sugar. If liked, this roll can be iced with Chocolate Butter Icing, see page 36.

FOR TABLE OF WEIGHTS AND MEASURES—SEE PAGE 61



MUSHROOM CAKE

(Illustration, page 11)

2 ozs. flour	2 eggs
Pinch of baking powder	$\frac{1}{2}$ teaspoon vanilla essence
2 teaspoons Bournville Cocoa	Small pinch salt
2 ozs. castor sugar	

Sieve the flour, cocoa and pinch of salt on to a piece of kitchen paper. Grease and paper-line a 6" sandwich tin; if possible, choose one with slightly sloping sides, as this gives a more realistic shape for the head of the mushroom. Put the sugar and eggs into a basin, and whisk them until they are light and frothy. The time required will be about 10 minutes. Stir in the flour and cocoa as lightly as possible. When well blended, put into the prepared tin, and bake in a moderate oven (Gas Regulo 5, Electric 340°) for 15 minutes. When cold, turn out and cool on a wire cake tray. To finish the cake, prepare some almond icing, see page 36, using half quantities of all ingredients. Knead it well, and roll it out until it is slightly larger than the bottom of the cake. Brush over the bottom of the cake with a little sieved jam, press the almond paste on to it, bringing it slightly round the sides. This is to give the effect of the curved edge of the mushroom. Prepare Chocolate Butter Icing, see page 36, using the same quantity of ingredients. Put into a forcing bag, and force in straight lines radiating to the centre of the cake, to simulate the markings on the underside of the mushroom. Make a fairly thick mushroom stalk from the trimmings of almond paste, coating one end of it with a little of the Chocolate Icing, and place in position in the centre of the cake. Allow to set.

CHOCOLATE GENOESE SPONGE

This is a recipe to try when you want a really good, rich sponge. It must be regarded as rather an extravagant recipe, but it has the advantage that it keeps fresh for several weeks. It can therefore be made and used as required. It is chiefly used for making iced, fancy afternoon cakes.

3 eggs	3 ozs. flour
3 ozs. shortening	2 teaspoons Bournville Cocoa
4 ozs. sugar	

Line a tin, measuring 8" by 9", with well-greased paper, then sieve the flour and cocoa together. Put the eggs and sugar into a basin over a saucepan of boiling water, and whisk vigorously for about 10 or 15 minutes. Melt the butter, but do not allow it to get hot. Remove the white curd which settles on the top. Stir it gradually into the beaten eggs and sugar. Lastly, fold in the flour and cocoa very lightly. Blend thoroughly, pour into the prepared tin, and bake in a moderate oven (Gas Regulo 5, Electric 350°) for 30 minutes. Turn on to a wire cake tray to cool. Cut up the sponge into fancy shapes—squares, diamonds, ovals, crescents, hearts, rounds or fingers, and ice with any of the Chocolate Icings, see page 35. Decorate daintily in as many ways as possible.

FOR SHORTENING—SEE PAGE 5

BOURN-VITA

Bourn-Vita used as a baking ingredient introduces a new flavour to cakes and biscuits—just that touch of difference that every housewife will appreciate.

BOURN-VITA CAKE

(See Illustration next page)

$\frac{1}{4}$ lb. shortening
 $\frac{1}{4}$ lb. sugar
 $\frac{1}{4}$ lb. flour
 2 eggs

2 tablespoons Bourn-Vita
 1 tablespoon chopped almonds
 1 tablespoon cold milk
 $\frac{3}{4}$ teaspoon baking powder

Cream butter and sugar, add well-beaten eggs. Add dry ingredients, lastly the milk. Bake $\frac{3}{4}$ hour in shallow tin. Moderate oven. Top off at 350°. When cold, ice.

BOURN-VITA SULTANA CAKE

$\frac{1}{4}$ lb. shortening
 $\frac{1}{4}$ lb. sugar
 $\frac{1}{4}$ lb. flour
 2 eggs
 2 tablespoons Bourn-Vita

1 cup sultanas
 1 teaspoon finely grated peel
 1 teaspoon baking powder
 1 tablespoon milk

Method as for Bourn-Vita Cake.

Using the Bourn-Vita Cake as a base the following variations can easily be made to provide a complete change:—

BOURN-VITA MOCHA CAKE

When cold, fill and ice with Coffee Butter Icing (p. 35) and sprinkle the top with chopped walnuts.

BOURN-VITA ORANGE CAKE

Add one tablespoon of orange juice in place of the one tablespoon of milk, and add grated rind of half an orange. When cold ice with orange flavoured icing.

BOURN-VITA CORNIES

Drop teaspoonful of the mixture into cornflakes. Coat well and bake on greased tray.

BOURN-VITA LEMON CAKE

Add one-quarter lemon rind, finely grated, one teaspoon of lemon juice or $\frac{1}{2}$ teaspoon lemon essence. When cold ice with lemon icing.

BOURN-VITA QUEEN DROPS

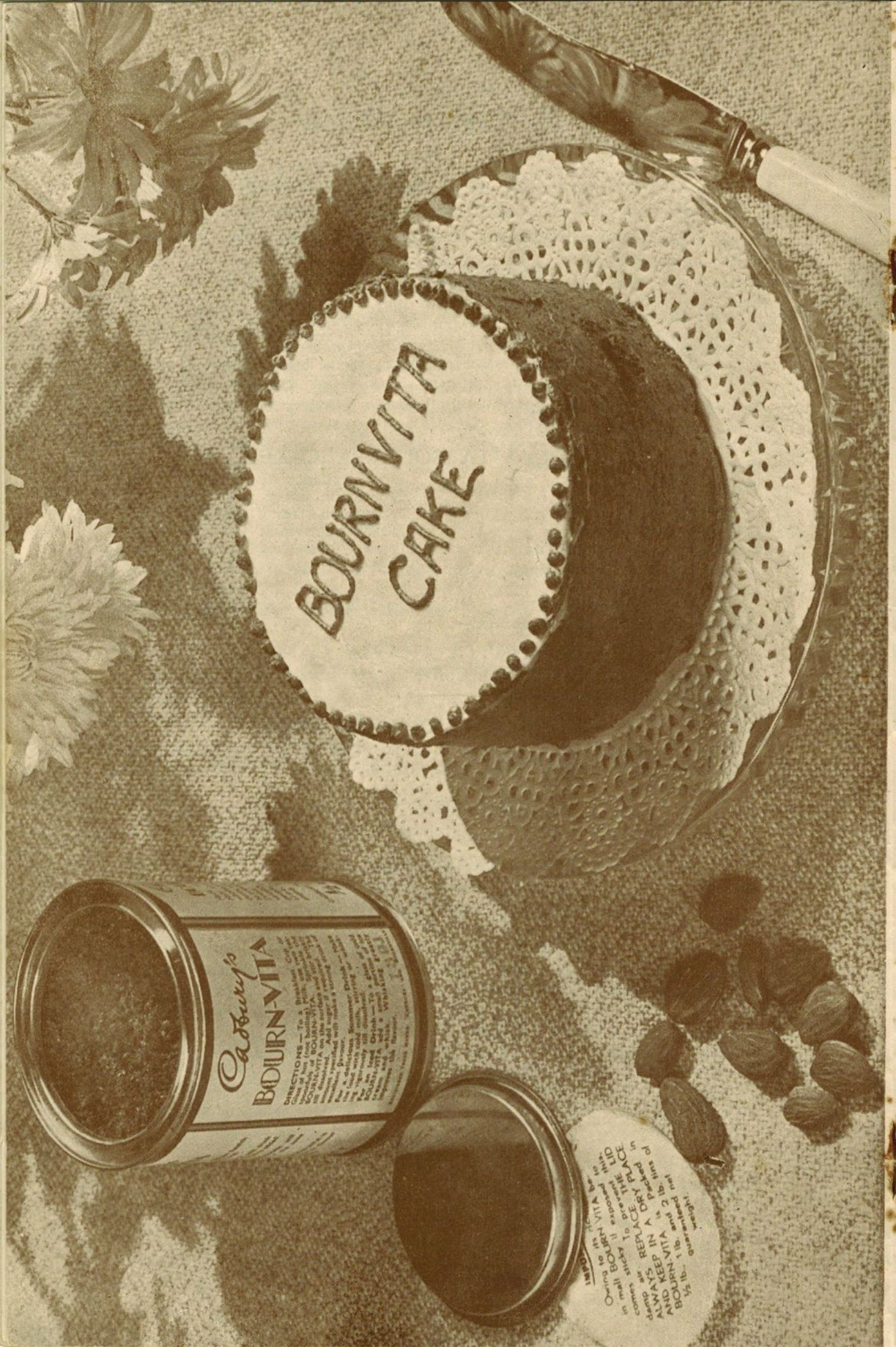
Add $\frac{1}{2}$ teaspoon cinnamon and 1 tablespoon of currants. Drop one teaspoonful on greased baking tray.

BOURN-VITA BUTTERFLY CAKES

Bake in patty pans or paper cases—cut a round piece from the top and cut this in two. Place a little jam in the hollow and fill with mock cream. Replace the cut portions, cut edge downwards, garnish with a little red jelly or crystals; dust with icing sugar.

BOURN-VITA CAKE ICING

Dissolve a teaspoon Bourn-Vita in a little boiling milk and add to icing sugar previously mixed with a little butter.



BOURN-VITA QUEEN CAKES

2 ozs. butter	1 egg
2 ozs. flour	1½ ozs. crystallised ginger
2 ozs. sugar	¼ teaspoon baking powder
Pinch of salt	Little milk to mix
1 oz. Bourn-Vita	

Beat the butter to a cream in a basin, mix in the sugar, and beat in the egg. Stir in the sieved flour, baking powder and salt; lastly, add the Bourn-Vita and the crystallised ginger cut into small pieces. If the egg is small, a little milk will be needed to complete the mixing. Put into well-buttered small Queen-cake tins. This quantity makes twelve cakes. Bake in a quick oven (Gas Regulo 5, Electric 380°) for about 15 minutes. When cooked, cool on a wire tray.

BOURN-VITA CATHERINE WHEELS

White Mixture—

3 ozs. flour	¼ teaspoon baking powder
1 oz. shortening	1 dessertspoon sugar
Vanilla essence	Milk

Chocolate Mixture—

2½ ozs. flour	¾ dessertspoon Bournville cocoa
¼ teaspoon baking powder	1 oz. shortening
3 dessertspoons Bourn-Vita	Milk

Make the same way as the white mixture, adding the Bournville Cocoa to flour. Sift flour with baking powder, rub in fat, add sugar and essence. Mix with enough milk to make a stiff paste. Roll out white mixture thinly, then roll out the chocolate one the same size. Place the white mixture on top of the chocolate then roll up together into firm roll, damp edges if needed to make stick well. Slice this thinly and place on greased tray, leaving a space between each. These biscuits are not only delicious but also economical and keep well. Bake in moderate oven for half an hour.

BOURN-VITA CLUSTERS

3 ozs. shortening	5 ozs. flour
3 ozs. sugar	3 ozs. cornflour
1 egg	1 cup coconut
3 tablespoons Bourn-Vita	2 tablespoons milk
1½ teaspoons baking powder	

Cream Bourn-Vita, sugar and butter; add egg and beat well. Then add dry ingredients and milk. The mixture will be stiff but do not add more liquid, or the clusters will not be crisp. Place small rough pieces on cold greased tray and bake for 15 minutes in moderate oven. When cold put two together with following filling:—

Two heaped tablespoons sugar, and 1 tablespoon milk, melted over slow heat. Add small piece of butter and 1 tablespoon Bourn-Vita and beat until cold and thick.

BOURN-VITA COOKIES

4 ozs. flour	2 oz. shortening
Pinch baking powder	1 oz. sugar
Pinch nutmeg	Yolk of one egg
Pinch salt	

Grease and flour a baking sheet. Sift flour, baking powder, salt and nutmeg into a basin. Rub in the shortening with the tips of the fingers until it is very finely divided. Add the sugar and Bourn-Vita, and mix to a stiff dough with beaten egg. Turn on to a board, knead out the creases, and roll out until it is about ¼" thick. Cut into rounds with a 1½" cutter. Bake in a moderate oven (Gas Regulo 3) for 10 to 15 minutes. This quantity makes 13 biscuits.

BOURN-VITA BISCUITS

- | | |
|---|---|
| $\frac{1}{4}$ lb. shortening
One egg
1 tablespoon cornflour
2 tablespoons Bourn-Vita
One teacup light brown sugar | $\frac{3}{4}$ cup of flour
1 teaspoon baking powder
Pinch salt
(Add cup of peanuts if liked) |
|---|---|

Cream butter and sugar and Bourn-Vita. Add beaten egg, then flour, baking powder and salt. Mix well and put teaspoon lots on tray and cook in moderate oven.

Again, the Bourn-Vita Biscuit may be used as a base for quite a number of different biscuits as follows:—

(1) Roll out some Bourn-Vita biscuit paste thinly and line some patty pans. Add $\frac{1}{4}$ teaspoon of jam, then half fill with the Bourn-Vita Cake mixture; moderate oven, 15 to 20 minutes. When cool place $\frac{1}{2}$ teaspoon of icing on top.

(2) Cut into rounds, brush over with white of egg, and sprinkle coconut on top.

(3) Roll pastry rather thin; add icing sugar to white of egg until it is stiff enough to be spread on paste, then sprinkle with chopped almonds. Cut into fingers and bake in moderate oven.

(4) Take 1 cup sultanas or currants, 1 dessertspoon Bourn-Vita, pinch nutmeg, some biscuit or cake crumbs and $\frac{3}{4}$ cup of water. Cook gently for about 7 minutes and thicken with the crumbs. Roll biscuit paste rectangular, place on baking tray. Cover one-half with the cooled mixture, fold over the other half and prick with a fork. Moderate oven, about 40 minutes. When cold dust with icing sugar and cut into slices.

(5) Paste as used for Bourn-Vita Biscuits.

- | | |
|-----------------------|--------------------------|
| 1 banana | 1 tablespoon apricot jam |
| 2 tablespoons coconut | |

Mash banana with jam and coconut. Line patty tins with the paste and half fill with mixture. Sprinkle a little Bourn-Vita on top of each and bake for 15-20 minutes in moderate oven.

(6) Roll the paste into balls the size of walnuts and roll these in coconut. Place on lightly greased tray, allowing for spreading. Press a hole in the top of each and add a little jam. Moderate oven, 15 minutes.

(7) Roll paste thinly, cut into rounds with biscuit cutter. Place on greased tray. Before baking, top with the following mixture:—

- | | |
|---------------------|-----------------------|
| 1 egg white | Pinch salt |
| 2 tablespoons sugar | 3 tablespoons coconut |

Beat egg white and salt stiffly, then fold in sugar and coconut. Place small amount of the mixture on each biscuit and top with a slice of cherry or walnut. Moderate oven, 15 minutes.

(8) Add 1 teaspoon of carraway seeds or $\frac{1}{2}$ teaspoon of carraway essence.

(9) Add $\frac{1}{2}$ teaspoon spice, $\frac{1}{4}$ teaspoon ground cloves, $\frac{1}{2}$ teaspoon of golden syrup.

(10) Add 2 tablespoons cornflakes and 1 teaspoon golden syrup.

BOURN-VITA SNAPS

- | | |
|-------------------------------|--|
| 2 ozs. shortening | 2 $\frac{1}{2}$ tablespoons Bourn-Vita |
| 8 ozs. flour | 1 teaspoon baking powder |
| 1 $\frac{1}{2}$ ozs. sugar | $\frac{1}{2}$ teaspoon Vanilla essence |
| 2 ozs. grated raw potato | Milk to mix |
| 1 tablespoon Bournville Cocoa | |

Rub shortening into flour and salt. Add sugar, cocoa, potato, and flavouring. Mix to a dry dough with milk. Roll out thinly, cut in shapes. Bake in a moderate oven for 15 minutes.

CAKE ICINGS

CHOCOLATE ICING, No. 1

(Using Bournville Cocoa)

4 ozs. icing sugar	3 tablespoons milk and warm water
1½ ozs. Bournville Cocoa	(approx.)

Put the cocoa in a basin, add a very little milk and warm water—just sufficient to damp it—then warm it by standing the basin in a pan of hot water. Add the sieved sugar, and enough milk and water to make the icing of a consistency that it will coat the back of a spoon. Beat thoroughly, warm very slightly and use immediately.

CHOCOLATE ICING, No. 2

(Using Bournville Cocoa)

8 ozs. icing sugar	5 tablespoons milk and water
2 ozs. Bournville Cocoa	Vanilla essence

Put the cocoa into a pan with the milk and water, warm very slightly, and stir until it has dissolved. Add the vanilla essence and sugar. Continue to warm for a few minutes, stirring meanwhile, but do not allow the mixture to get very hot. When the mixture is very smooth, and is of the correct consistency to coat the back of a spoon, beat very thoroughly, and use as required.

CHOCOLATE ICING, No. 3

(Using Bournville Block Chocolate)

One 2 oz. block Bournville Chocolate	2 tablespoons milk and water
4 ozs. icing sugar	Little vanilla essence

Scrape or chop the chocolate coarsely, put it into a basin with the milk and water, and stand it in a saucepan of hot water. When the chocolate has melted, stir in the icing sugar, and lastly the vanilla essence, beating thoroughly. When smooth, and of the correct consistency for coating, use for éclairs, cream buns, etc.

ECONOMICAL CHOCOLATE ICING

8 ozs. icing sugar	3 tablespoons milk and water
1 oz. Bournville Cocoa	(approx.)

Make according to the directions given for Chocolate Icing, No. 2, above, which is made with a larger proportion of cocoa.

COFFEE BUTTER ICING

¼ lb. fresh butter	Coffee essence
½ lb. icing sugar	

Work the butter with a spoon until it is creamy, add the sugar, and sufficient coffee essence or extract to give it a good colour and flavour. Beat all the ingredients together.

FEATHER ICING

6 ozs. icing sugar
Warm water

A little carmine or cochineal
1 tablespoon chocolate icing

Prepare white icing in the usual way by mixing icing sugar with just sufficient warm water to produce an icing of coating consistency. A squeeze of lemon juice can also be added if liked. Take out 1 tablespoon of this icing and add a few drops of pink colouring. Coat the top of the cake with the white icing. Then pipe parallel lines of chocolate icing one inch apart across the cake, and repeat this with the pink icing between the lines of chocolate icing. Draw lines $\frac{3}{4}$ " apart with a blunt knife across the cake at right angles to the chocolate and pink lines. Repeat in the reverse direction in the spaces between the lines.

CHOCOLATE BUTTER ICING

4 ozs. fresh shortening
6 ozs. sieved icing sugar

Little vanilla essence
One 2 oz. block Bournville Chocolate

Put the shortening into a basin, cream it, add the sugar by degrees, blend well together, add the vanilla essence, and lastly the melted chocolate.

N.B.—If preferred, a tablespoon of Bournville Cocoa can be used instead of the block chocolate. The cocoa should be put into a saucepan with one or two tablespoons of water and warmed, then stirred into the butter icing.

SOFT CARAMEL ICING

8 ozs. Demerara sugar
4 tablespoons water

Pinch of cream of tartar
1 white of egg

Put the sugar and water into a strong saucepan with a pinch of cream of tartar, and boil until a temperature of 250° is reached. Whisk the white of egg lightly in the basin, pour on hot syrup, continue to whisk until the icing thickens and becomes opaque. Pour on to the cake quickly, adding any decorations immediately before the icing has time to set.

This is an extremely delicious icing, but a little experience is required in order to get the icing at exactly the right stage. If over-beaten and allowed to cool too much, it is rather hard and brittle and sets before there is time to ice the cake, but if not cooled sufficiently, it is too thin and the icing runs off the cake before it has time to set. This icing can be used for any kind of cake, chocolate or plain.

ALMOND ICING

$\frac{3}{4}$ lb. icing sugar
 $\frac{1}{2}$ lb. ground almonds
Squeeze of lemon juice

1 teaspoon vanilla essence
Beaten egg

Put the ground almonds and icing sugar into a basin, add the lemon juice and vanilla essence, and mix to a stiff paste with beaten egg. Turn on to a sugared board, and knead until it is smooth.

Additional flavouring and colouring is added according to requirements. When the almond icing is to be used for covering cakes, orange flower water and vanilla are popular as a flavouring. Thorough kneading is necessary to ensure even distribution of the flavouring and colouring.

CAKE FILLINGS

NUT CREAM FILLING

8 ozs. castor sugar	$\frac{1}{2}$ oz. Bournville Cocoa
4 ozs. shortening	Vanilla essence
$\frac{1}{4}$ pint (small tin) condensed milk	1 oz. walnuts
2 tablespoons water	

Put the sugar, water, milk, shortening and Bournville Cocoa into a saucepan and boil for 5 minutes, stirring from time to time. Cool slowly, adding the essence and nuts. Use as a Sandwich Cake Filling or between biscuits.

CHOCOLATE VERMICELLI

One 2 oz. block Bournville Chocolate

Break up the Bournville Chocolate—either a 2 oz. block or more according to the amount required—put in a saucepan, and stand this inside another pan containing hot water, until the chocolate is melted. When nearly set, rub it through a wire sieve on to a piece of greaseproof paper. Leave it out in the air for a little while to set. This forms a good decoration for cakes, cold sweets, etc.

CHOCOLATE BANANA FILLING

2 bananas	1-1 $\frac{1}{2}$ ozs. Bournville Cocoa
5 tablespoons cream	2 teaspoons sugar

Put the Bournville Cocoa into a basin with the sugar, and 1 or 2 teaspoons of the cream. Mix them together well. Whip up the remainder of the cream fairly stiffly, wash the bananas and add both cream and bananas to the Bournville Cocoa, blending all the ingredients together.

WHIPPED CREAM FILLING

6 tablespoons cream	$\frac{1}{4}$ teaspoon vanilla essence
1 $\frac{1}{2}$ teaspoons Bournville Cocoa	1 dessertspoon boiling water
$\frac{1}{2}$ oz. sugar	

Pour the boiling water on the cocoa and sugar. When cool, add gradually to whipped cream. Do not whip the cream too stiffly before the cocoa is added.

CHOCOLATE FUDGE FILLING

1 $\frac{1}{2}$ ozs. butter	2 ozs. Bournville Cocoa
1 lb. castor sugar	$\frac{1}{4}$ pint cream or evaporated milk
4 teaspoons vanilla essence	

Put all the ingredients, except the essence, into a strong saucepan. Stir gently, and allow it to boil until it reaches a temperature of 234°. Lastly, stir in the vanilla essence, beat until it commences to thicken, and when almost cold, spread on the cake.

BUTTER CREAM FILLING

6 ozs. icing sugar
3 ozs. butter
1 white of egg

2 ozs. Bournville Cocoa
Vanilla essence

Put the butter into a basin, and work it until it is creamy. Stir in the icing sugar and the Bournville Cocoa. Whip up the white of egg stiffly, and stir it into the filling, adding the vanilla essence last of all. Use for filling any kind of Sandwich Cake.

HUNGARIAN FILLING

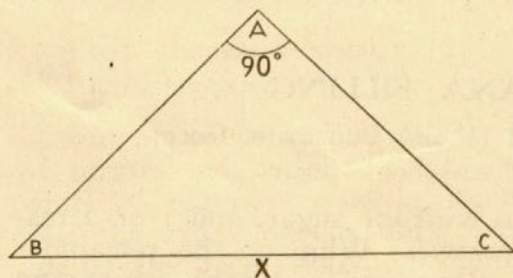
4 ozs. shortening
6 ozs. sieved icing sugar

One 2 oz. block Bournville Chocolate
2 teaspoons coffee essence

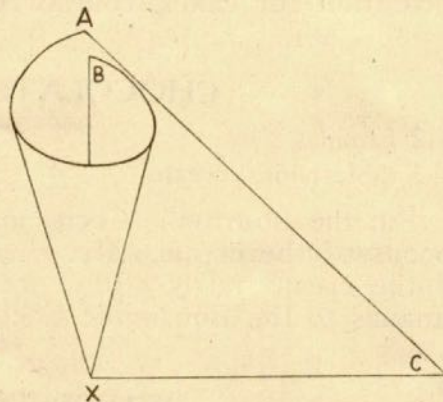
Put the shortening into a basin, and cream it with a wooden spoon. Then beat in the icing sugar, and lastly the melted chocolate and coffee essence. Blend all together thoroughly.

This makes a delicious filling for chocolate, coffee or plain cakes.

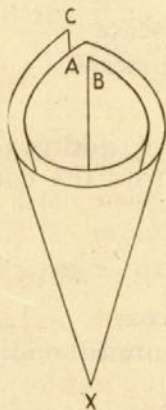
INSTRUCTIONS FOR MAKING DECORATING BAG



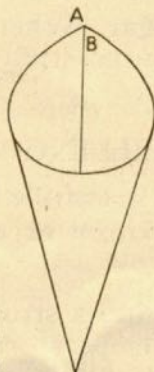
1.—Cut a piece of greaseproof paper so that it forms a right-angled triangle (half a perfect square).



2.—Take one of the sharp corners (B) and fold it so that it comes inside the square corner (A). (X) The middle of the longest side, which comes opposite the square corner (A) will be the point of the finished bag.

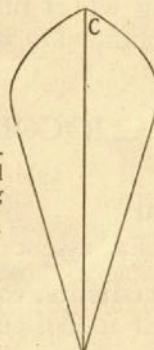


3.—Bring the other sharp corner (C) round outside the bag, so that it lies exactly behind (A).



FRONT.

4.—See that all corners are together and the point of the bag is quite closed.



BACK.



5.—Fold the three corners over two or three times to keep the bag together.

HOT PUDDINGS

●

In the winter, and also on warmer days, when the first course has been of cold meat and salad, a hot pudding is generally more welcome than a cold one, and chocolate puddings or plain puddings with a good Chocolate Sauce are extremely popular, largely because chocolate flavour is appreciated by most people, but partly because chocolate puddings do not appear with the same regularity as stewed fruit and custard, apple tart, rice or ginger pudding.

When the weather is cold, nothing can beat a really light suet pudding, and, if the standard foundation mixture is flavoured with Bournville Cocoa, a delicious pudding can be made with the minimum of trouble. If preferred, a plain suet pudding, made very light by including breadcrumbs in the ingredients and one or two eggs, can be turned into something out of the ordinary by serving with it a chocolate custard sauce, or a two-ounce block of chocolate can be melted and a little water and icing sugar added to it.

Both the flavour and colour of chocolate accord well with pears, apricots and pineapple, so that chocolate puddings, boiled, steamed and baked, make a good combination with these winter fruits.

Chocolate cabinet pudding is one of the best ways of utilising stale cake or cake trimmings. A plainer pudding of the same type can be made with half breadcrumbs and half cake crumbs, and for reasons of economy the glacé cherries can be omitted. Although chocolate Viennoise pudding is generally made with fresh bread cut into dice, there is no reason why stale bread should not be made use of in this way.

FOR GENERAL BAKING NOTES—SEE PAGE 3

CHOCOLATE ALMOND TART

4 ozs. shortcrust pastry

For the Filling—

2½ ozs. castor sugar
1 oz. shortening
1 yolk of egg
1 tablespoon milk

2 teaspoons Bournville Cocoa
3 ozs. ground almonds
½ teaspoon vanilla essence

For the Meringue—

1 white of egg
Pinch of salt

2 ozs. sugar

Roll out the pastry until it is about ¼" thick, and line a 6¾" sandwich tin with it. Then prepare the mixture.

Beat the shortening to a cream with a wooden spoon, stir in the castor sugar, beat in the yolk of egg and the milk. Mix the cocoa and ground almonds together, stir them into the mixture and lastly add the vanilla essence. Blend all these ingredients together, and put into the pastry-lined tin. Cook in a moderate oven (Gas Regulo 5, Electric 360°) for 30 minutes. Ten minutes before the tart is cooked, cover the top with meringue, made with stiffly-beaten white of egg and sugar folded in.

CHOCOLATE VIENNOISE PUDDING

5 ozs. bread
3 ozs. castor sugar
2 ozs. candied peel
3 ozs. sultanas
2 ozs. glacé cherries
Rind and juice of ½ lemon

2 eggs
½ gill water
½ pint milk
¾ oz. Bournville Cocoa
1 wineglass home-made wine
2 tablespoons cream if available

Grease a 6" basin. Cut the bread into very small dice. Put the sugar and ½ gill water into a strong saucepan, and cook it until it is a light golden brown, then add the hot milk. When the caramel has dissolved, add the Bournville Cocoa, and pour on to the beaten eggs. Continue to whisk for a few minutes. Put the diced bread, castor sugar, candied peel, sultanas, glacé cherries (cut in half) and grated lemond rind into a basin, and pour on the hot milk, etc. Mix, add the lemon juice, a wineglass of sherry or home-made wine, and 2 tablespoons of cream if available. Both the wine and the cream can be omitted if not available, but they improve the flavour of the pudding. Steam for 2 hours. Serve with Caramel Sauce or Custard, see page 43.

LAFAYETTE PUDDING

3 ozs. ground almonds
4 ozs. flour
2 ozs. breadcrumbs
2 eggs
4 ozs. margarine or shortening

4 ozs. castor sugar
1 level teaspoon baking powder
2 ozs. glacé cherries
3 tablespoons milk

Grease 4 or 5 small ¼-pint basins, or little moulds. Sieve the flour, ground almonds and baking powder together and add the breadcrumbs. Cream the shortening. Mix in the sugar, and beat in each egg separately. Add the dry ingredients alternately with the milk. Lastly, add the glacé cherries, cut into four; mix thoroughly, and three-parts fill the greased moulds. Cover with greaseproof paper, and steam for 40 minutes. Serve with Chocolate Custard Sauce, see page 43.

CHOCOLATE PUDDING WITH CARAMEL CREAM SAUCE

2 yolks of egg
4 ozs. flour
4 ozs. sugar
4 ozs. shortening

$\frac{1}{4}$ teaspoon baking powder
Pinch of salt
1 oz. Bournville Cocoa
Milk to mix

Grease a mould or pudding-basin. Sieve the flour and baking powder, with the pinch of salt and cocoa, on to a piece of kitchen paper. Cream the shortening, then mix in the sugar. When well blended, beat in the yolks of egg; lastly, stir in the flour, etc., lightly, then add the milk. Mix well, put into the greased mould, cover with greased paper, and steam for $1\frac{1}{2}$ hours. Serve with Caramel Sauce, see page 43.

CHOCOLATE CABINET PUDDING

This is an excellent way of using up stale cake, trimmings, or cuttings of cake.

Grease a 5" basin thoroughly, decorate the bottom with a few glacé cherries, pieces of angelica or ratafias, using some simple design.

Cake crumbs
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ oz. Bournville Cocoa
2 eggs

1 oz. cherries
2 ozs. sultanas
1 oz. sugar
Grated rind of $\frac{1}{2}$ lemon

Crush sufficient cake crumbs to three-quarters fill the basin, put them in the basin with the cherries (cut in half), the cleaned and picked sultanas, sugar and the grated lemon rind. Put the milk on to boil, sprinkle in the Bournville Cocoa, and when hot, but not boiling, pour the milk on to the beaten egg. Whisk for a few seconds, then pour the mixture into the basin containing the dry ingredients. Stir them until the custard and crumbs are well mixed. Cover the basin with well-greased paper, and steam 1 hour 10 minutes. Serve alone or, if preferred, with an Egg Custard.

CHOCOLATE MERINGUE PIE

6 ozs. shortcrust pastry

For the Mixture—

3 ozs. sugar
 $1\frac{1}{2}$ ozs. cornflour
Pinch of salt
Yolks of 2 eggs

Juice and grated rind of 1 lemon
1 tablespoon Bournville Cocoa
 $\frac{1}{2}$ pint water
 $\frac{1}{2}$ oz. butter

For the Meringue—

4 ozs. castor sugar

Whites of 2 eggs

Line two sandwich tins with the pastry. Bake in a moderate oven until half-cooked. Meanwhile prepare the filling:—Blend the cornflour and cocoa with a little of the cold water. When the remainder boils, pour it on to the blended cornflour. Boil for 3 minutes, allow to cool, stir in the yolks of the eggs and 3 ozs. of sugar. Cook slowly until the mixture thickens. Add the grated rind, lemon juice and butter. Put the mixture into the pastry-lined cases, and return to the oven (Gas Regulo 5). Whisk the white of eggs stiffly and stir in two tablespoons of castor sugar. Pile the meringue on top of the pie, decorate with pieces of crystallised cherries and angelica. Return to the oven until the meringue is lightly browned.

BOURN-VITA CUSTARD

$\frac{1}{2}$ pint milk
1 egg

1 oz. Bourn-Vita
1 oz. sugar

Beat the egg, dissolve the Bourn-Vita and sugar in the milk, which should be just warm. Add this to the egg, and stir. Return the mixture to a double saucepan, or use a basin over a saucepan of water. Cook very gently over simmering water until the custard coats the back of the spoon. Remove at once from the stove, and cool immediately.

CHOCOLATE MERINGUE PUDDING

2 ozs. breadcrumbs
 $\frac{1}{2}$ pint milk
3 ozs. sugar

1 oz. butter
 $1\frac{1}{2}$ teaspoons Bournville Cocoa
2 eggs

Put 1 oz. sugar, cocoa and butter into milk, and bring to boil, then pour on to breadcrumbs in basin. Allow to cool slightly, and add yolks of egg. Place in greased pie dish, and bake in a moderate oven (Gas Regulo 4) until set. Whisk whites of egg very stiffly, adding 2 ozs. of sugar, and pile on top of pudding. Place in very cool oven until meringue is set and becomes a pale golden brown.

CHOCOLATE SUET PUDDING

4 ozs. flour
1 oz. cornflour
 $\frac{1}{4}$ teaspoon baking powder
3 ozs. breadcrumbs
4 ozs. suet, finely grated

$1\frac{1}{4}$ ozs. Bournville Cocoa
4 ozs. sugar
 $\frac{1}{2}$ teaspoon vanilla essence
1 teaspoon lemon juice
Pinch salt

Grease a 6" basin. Sieve the flour, cornflour and baking powder, with a pinch of salt, into a basin. Add the breadcrumbs, the finely chopped suet and the sugar. Put the milk on to warm, with the Bournville Cocoa, and when dissolved make a well in the centre of the dry ingredients, and mix in the milk, cocoa and vanilla essence. If necessary, a little more milk may be added. It is difficult to state exactly how much, as this depends on the staleness of the crumbs and dryness of the flour. Put into a greased basin, cover with greased paper, and steam for $1\frac{3}{4}$ hours.

ITALIAN PUDDING

$\frac{3}{4}$ pint milk
4 ozs. Bournville Cocoa
1 oz. sugar

1 teaspoon vanilla essence
 $\frac{1}{4}$ lb. sponge fingers

Choose a glass or china soufflé mould—it must be something attractive for the table, as the pudding is served in it. Line the mould with the sponge fingers, and dissolve the cocoa in 4 tablespoons of the milk. Make a custard with the eggs, remaining milk, vanilla essence and sugar. Cut up the trimmings and the remainder of the sponge fingers, put half the custard in the bottom of the mould, then half the sponge finger trimmings, and half the chocolate, remainder of the trimmings, then the custard, and lastly a layer of chocolate. Put aside until it is cold. If liked, the top can be decorated with a little whipped cream.

FOR SHORTENING—SEE PAGE 5

HOT AND COLD PUDDING SAUCES

PEPPERMINT CREAM SAUCE

5 tablespoons sugar	2 or 3 drops of peppermint essence
5 tablespoons water	Juice of half a lemon
1 white of egg	

Boil the sugar and water together to make a syrup, for 3 minutes. Whip the white of egg stiffly in a basin, pour on the slightly cooled syrup, whisking all the time. Lastly, add the lemon and peppermint essence, and put aside until quite cold.

CHOCOLATE SAUCE

1 large egg	2 oz. block Bournville Chocolate
$\frac{1}{2}$ pint milk	(flaked)
	2 teaspoons sugar

Put the milk on to boil, sprinkle in the chocolate, and stir until it has dissolved. Put the egg in a basin, beat it up lightly with the sugar. When the milk is almost boiling, pour on to the beaten egg, continue to whisk for a few minutes. Put the mixture into a jug, and stand it in a saucepan of boiling water, or cook in a double saucepan until the custard thickens.

CHOCOLATE CUSTARD SAUCE

$\frac{1}{2}$ pint milk	$\frac{1}{2}$ oz. Bournville Cocoa
$\frac{1}{2}$ oz. custard powder	1 $\frac{1}{2}$ ozs. sugar

Mix the custard powder, cocoa and sugar together, and blend them with 3 tablespoons of the cold milk. Put the remainder of the milk on to boil, and when boiling, pour on to the blended custard powder, etc., stirring meanwhile. Return to the pan. Continue to simmer for about 3 minutes. Serve in a sauce-boat or pour over the pudding.

CARAMEL CREAM SAUCE

4 ozs. Demerara sugar	Pinch of cream of tartar
4 tablespoons water	2 whites of egg

Put the sugar, water and cream of tartar into a saucepan, and boil until a temperature of 240° is reached. Then pour the syrup on to the whisked whites of egg, and continue to whisk until the sauce is light, frothy and thick. Pour over any hot pudding.

BOURN-VITA SAUCE FOR STEAMED PUDDINGS

Add 2 teaspoons Bourn-Vita to a cup of boiling milk before adding custard powder or cornflour and sugar.

FOR LIST OF SECTIONS—SEE PAGE 6

COLD SWEETS, ICES AND SUNDÆS

●

With the coming of refrigerators, cold sweets, iced puddings, ice cream, cold soufflés, have rapidly become more popular. The mention of refrigerators does not mean to convey that the recipes which follow cannot be made without one, for all, with the exception of ice cream, can be made quite easily if sufficient time be allowed for the pudding to set.

The great advantage of cold puddings is that they can be prepared some hours in advance, and for the cook-hostess this is a tremendous boon, particularly in holiday times, or when guests are expected, for the pudding course can be prepared in the early morning, or even overnight, if more convenient.

Included among the sixteen recipes for cold sweets are three for the tried favourite, Chocolate Blancmange. Where there are young children, striped blancmange is certain of a good reception. This is very easy to make; it is, however, worth while remembering that, if possible, the mould used should be tall rather than wide, in order to get in several layers.

The lucky owners of refrigerators are advised to try making chocolate ice cream from either recipe, knowing that success is assured, for every recipe in this book has been tested.

CHOCOLATE VANILLA JELLY

$\frac{1}{4}$ pint milk

$\frac{1}{2}$ pint packet vanilla jelly

$\frac{1}{4}$ pint water

$\frac{3}{4}$ oz. Bournville Cocoa

Warm the milk, add the cocoa, and stir to dissolve. Put the packet jelly into a jug, pour on the water, which should be nearly boiling. When it has dissolved and is almost cold, stir in the milk containing the cocoa. Blend all the ingredients together and put into three small wetted moulds, and allow to set in a cold place. Turn out and serve on separate plates with the chopped jelly around.

FOR TEMPERATURE CHART—SEE PAGE 61

CHOCOLATE CHARLOTTE RUSSE

12-15 Savoy biscuits or sponge slices Glacé cherries and angelica for
 $\frac{1}{2}$ pint lemon jelly decoration

Filling—

$\frac{1}{4}$ pint cream	less)
$\frac{1}{4}$ pint evaporated milk	1 tablespoon milk
1 teaspoon vanilla essence	$\frac{1}{4}$ oz. gelatine
3 teaspoons Bournville Cocoa (or	2 tablespoons water

To prepare a Charlotte Russe Mould—

Set a little lemon jelly—about $\frac{1}{4}$ "—in the bottom of the mould, and decorate. Trim the Savoy biscuits to fit around the plain mould. Dip the ends of each in jelly before placing them in position. Put the mould aside in a cool place for a short while until the jelly has set firmly. Then fill the mould with the cream filling.

To make the Filling—

Dissolve the gelatine in hot water (not boiling) and add the cocoa. Put the evaporated milk into a basin, and whip up as stiffly as possible. Then whip the cream, and combine the two. If machine-made cream is used, there is no need to use evaporated milk for economy. Stir in the vanilla essence, the milk containing the cocoa and the dissolved gelatine. Blend all the ingredients, and put in the prepared mould. Allow to set in a cool place for several hours. Turn out, and serve on a dish with chopped lemon jelly around.

CHOCOLATE ICE CREAM, No. 1

$\frac{1}{2}$ pint unsweetened evaporated milk	$1\frac{1}{4}$ oz. Bournville Cocoa
2 eggs	Vanilla essence
1 oz. castor sugar	$\frac{1}{4}$ pint cream

Heat the milk and cocoa in a saucepan and stir until it has dissolved. Then pour it immediately on to the yolks of egg in a basin, add the sugar, return to the saucepan, cook very gently until the custard coats the back of the spoon and leave till cold. Beat up the whites stiffly, and the cream. Add both to the cocoa and yolks of egg, stirring them in lightly. Lastly, add the vanilla essence. Put the mixture into the drawers of a refrigerator or a freezing machine, and freeze in the usual way.

CHOCOLATE ICE CREAM, No. 2

$\frac{1}{2}$ oz. cornflour or custard powder	$\frac{1}{4}$ pint cream
2 ozs. Bournville Cocoa	2 eggs
1 pint milk	Vanilla essence
4 ozs. castor sugar	

Mix the cocoa, sugar and cornflour together. If liked, custard powder can be used instead of cornflour. Blend with a little of the cold milk. Put the remainder of the milk on to boil, and when boiling pour it on to the blended cornflour, cocoa, etc. Return to the saucepan, and simmer for 5 minutes. Beat in two yolks of egg. Do not allow it to boil after the egg has been added, but continue to cook for a few minutes, then allow it to get quite cold, stirring it from time to time. Add the cream and vanilla essence, whip up the white of egg stiffly, and fold into the cold mixture. Blend well, and freeze either in the drawers of a mechanical refrigerator or in a freezer.

BANANA AND CHOCOLATE SPONGE TRIFLES

$\frac{1}{2}$ oz. Bournville Cocoa	2 whites of egg
2 teaspoons powdered gelatine	2 or 3 bananas
$\frac{1}{2}$ pint water	Juice of $\frac{1}{2}$ lemon
1 oz. sugar	Vanilla or almond essence

Slice the bananas, and put them in the bottom of individual glass cups. Sprinkle them with sugar and add the lemon juice. Dissolve the gelatine in the water over gentle heat, add the Bournville Cocoa and sugar, and dissolve slowly. Turn into a basin, and allow it to cool. Whisk the whites of egg stiffly, and when the chocolate mixture is nearly cold, add the vanilla essence, and fold in the stiffly-beaten whites. Put the mixture on top of the bananas to reach the top of the glass. Decorate, when set, with a little piped cream and chopped almonds or pistachio nuts.

CHOCOLATE BLANCMANGE, No. 1

$1\frac{1}{2}$ ozs. cornflour	$\frac{1}{4}$ pint water
$\frac{3}{4}$ oz. Bournville Cocoa	$\frac{3}{4}$ pint milk
1 oz. sugar	$\frac{1}{2}$ oz. butter

Blend the cornflour with a little of the water and milk. Bring balance of water to boil and stir in the cocoa (wooden spoon is best). Add the milk and bring to boil, then stir in the moistened cornflour, stirring briskly. Place in a pan of boiling water. Add the sugar and butter. Cover, and allow to cook for 20 to 30 minutes. Rinse the mould or basin with cold water before setting away.

CHOCOLATE BLANCMANGE, No. 2

$1\frac{1}{2}$ ozs. cornflour	1 oz. Bournville Cocoa
$1\frac{1}{2}$ ozs. castor sugar	Vanilla essence
1 pint of milk	

Mix the cornflour and cocoa with a little cold milk. Put the remainder on to boil, and when boiling pour it on to the blended cocoa and cornflour, stirring meanwhile. Return to the saucepan, and boil for a few minutes to cook the cornflour. Stir in the vanilla essence and sugar, and pour into a wetted mould. Put into a cold place to set.

RICH CHOCOLATE BLANCMANGE

A richer and more delicate blancmange can be made by substituting cream or unsweetened condensed milk for a proportion of the milk. Use exactly the same method and ingredients as given above, but instead of using 1 pint of milk, use $\frac{3}{4}$ pint fresh milk, and stir in $\frac{1}{4}$ pint of unsweetened condensed milk whilst the cornflour is cooking, or when the blancmange has been removed from the heat stir in $\frac{1}{4}$ pint of cream. Blend all the ingredients together before turning them into the wetted mould.

STRIPED BLANCMANGE

This is a sweet which particularly appeals to children, and it can be made in any shape of jelly mould, or in a small cake or bread pan. Prepare Chocolate Blancmange, as described above, using half quantities if only a small pudding is required. Then prepare some white blancmange in exactly the same way, but omitting the Bournville Cocoa. When both are cooked, pour in equal quantities of the two mixtures alternately, so that when it is turned out the pudding is striped.



BAKED PEARS WITH CHOCOLATE CREAM

- | | |
|---|--------------------------------------|
| 4 or 5 good cooking pears or a tin of pears | One 2 oz. block Bournville Chocolate |
| 4 ozs. icing sugar | A little cold water |
| | $\frac{1}{4}$ pint cream |

Melt the chocolate in a small saucepan, add the water and icing sugar. Cool a little, and stir in the lightly-whipped cream. Blend all the ingredients together, and pour over pears baked in the oven, or tinned pears, whichever are preferred. If tinned pears are used, they should be strained free from their syrup, put into a glass or china pie-dish, and warmed in the oven. If fresh pears, they should be cooked in a little syrup, basting from time to time, to prevent them from becoming dry.

CHOCOLATE SHAPES WITH PEPPERMINT CREAM SAUCE

- | | |
|-------------------------------------|----------------------------|
| 2 ozs. Bournville Cocoa | 2 tablespoons cold water |
| $\frac{1}{2}$ oz. powdered gelatine | 1 teaspoon vanilla essence |
| 1 pint milk | Sugar to taste |

Put the gelatine in a basin with the cold water, and stand in a saucepan of hot water. Meanwhile, blend the Bournville Cocoa with 2 teaspoons of the sugar, and mix it with a very little of the cold milk. Put the remainder on to boil, stir in the blended cocoa with the rest of the sugar, and bring to the boil, but do not allow it to boil hard. Pour the hot milk and chocolate mixture on to the gelatine, stirring all the time. Add the vanilla essence, stir, partly cool the mixture, then pour it into a wetter mould or into a number of glasses. Serve with Peppermint Cream Sauce, see page 43.

CHOCOLATE JUNKET

- | | |
|------------------------------|------------------|
| 1 pint of milk | Sugar to sweeten |
| Rennet | Chopped almonds |
| 3 teaspoons Bournville Cocoa | |

Blend the cocoa with about 2 teaspoons of sugar. Pour on $\frac{1}{4}$ pint of milk, and boil the cocoa for about 3 minutes. Add the remainder of the milk, and warm to "blood" heat. Put into a large shallow dish, and pour in the rennet, stirring it round for a second or two. Put aside to set. Just before serving, sprinkle the top with a few chopped almonds.

When making any Junket, it is important to use the correct amount of rennet given on the container. When making Chocolate Junket, however, it is advisable to use slightly more rennet than that recommended on the packet for plain milk.

BAKED CHOCOLATE CUSTARD TART

- | | |
|--------------------------|------------------------------|
| 4 ozs. shortcrust pastry | Sugar to sweeten |
| $\frac{1}{2}$ pint milk | 2 teaspoons Bournville Cocoa |
| 2 small eggs | |

Blend the cocoa with a very little cold milk, put the remainder on to boil, and when almost boiling stir in the blended cocoa and sugar, and allow it to simmer for a few minutes. Meanwhile, break the two eggs into a basin and beat them. Then pour on the hot milk, continuing to whisk or beat meanwhile. Pour the custard into a pastry-lined tart tin, and bake in a moderate oven (Gas Regulo 6) for 20 minutes to $\frac{1}{2}$ an hour until the custard is set. If liked, the tart tin can be lined with pastry, and baked before the custard is added.

CHOCOLATE SUNDAE

- | | |
|---------------------------------|-------------------------------------|
| 4 tablespoons vanilla ice cream | 1 tablespoon chopped mixed nuts |
| 4 tablespoons apricot syrup | 4 tablespoons chocolate cream sauce |

Make apricot syrup by cooking two or three tablespoons of apricot jam with water, and sieving it, if no syrup is available. Put the tablespoons of prepared ice cream in four tall sundae glasses. Coat with the apricot syrup, sprinkle with nuts, and pour over Chocolate Sauce, see page 43.

Sundaes can be varied tremendously according to one's likes or dislikes; for example, instead of vanilla ice cream, chocolate ice cream can be used, and sweetened cream poured over, and the top decorated with a few sliced crystallised fruits. Preserved ginger also combines well with chocolate ice cream; a tablespoon of the syrup should be poured over the chocolate ice cream in the sundae glasses, and the top sprinkled generously with chocolate.

CHOCOLATE TRIFLE

- | | |
|--|---|
| Chocolate Vanilla Jelly, see p. 44 | $\frac{1}{2}$ pint custard |
| 4 or 5 sponge cakes or chocolate
sponge cakes | $\frac{1}{4}$ pint cream |
| 3 tablespoons apricot jam | Cherries, crystallised fruit, etc., for
decoration |
| 1 small tin of apricots | |

Choose an attractive glass or silver dish, cut the sponge cakes in half lengthwise, and spread liberally with the apricot jam. Cut them into two or three pieces and place in a glass dish. Soak in the syrup from the apricots; if liked, sherry or home-made wine can be used instead of the syrup for soaking. Place the tinned apricots on top, pour over the vanilla jelly, see page 44, allow it to set, then add $\frac{1}{2}$ pint of egg custard. Decorate the top with whipped cream, ornamenting it with crystallised fruit, silver balls or "hundreds and thousands," etc., just before serving.

LEMON AND CHOCOLATE JELLIES

- | | |
|-------------------------------------|--------------------------------|
| 2 ozs. Bournville Cocoa | 1 teaspoon vanilla essence |
| $\frac{1}{2}$ oz. powdered gelatine | Sugar to taste |
| 1 pint milk | $\frac{1}{2}$ pint lemon jelly |
| 2 tablespoons cold water | |

Take several small individual moulds. Make a lemon jelly by adding 1 pint of boiling water to a packet of jelly. Line the moulds with the jelly, and allow $\frac{1}{4}$ " to set at the bottom of each mould. Arrange some simple decoration in each mould, such as blanched almonds and angelica, cherries or pistachio nuts, dipping each piece into some of the liquid jelly before placing in position. Add another $\frac{3}{4}$ " of lemon jelly to each mould, and when set, prepare the chocolate shape according to the directions given below. Fill the remainder of the mould with the chocolate cream, and put aside in a cold place to set. Turn out on to a glass or silver dish, and place the remainder of the chopped lemon jelly around.

FOR AERATION OF CAKES—SEE PAGE 4

SOME FANCY DRINKS

CHOCOLATE ICE CREAM SODA

Chocolate Ice Cream, see page 45 1 teaspoon whipped cream
1 tablespoon ginger syrup Soda water

Put the ginger syrup (there is generally quite a lot left over from a jar of ginger) into a tumbler or goblet, stir in the cream, the Chocolate Ice Cream, and, lastly, the soda water.

MINT CHOCOLATE

1½ ozs. Bournville Cocoa 1 quart of milk
1½ gills water 4 ozs. sugar
1 teaspoons peppermint essence ½ pint ice cream

Dissolve the cocoa in hot water, then add the milk and sugar. Simmer for 5 minutes, cool partly, add the peppermint essence, and when quite cold, whisk in the ice cream. Serve in tall glasses such as sundae glasses.

CHOCOLATE EGG NOG

1 cup of milk 1 teaspoon cream, if available
1 heaped teaspoon Bournville 1 egg

Separate the yolk from the white of the egg. Blend the cocoa with a little of the cold milk, add the remainder of the milk, and boil for about 2 or 3 minutes. Add to the yolk of egg, whisking meanwhile. Beat up the white of egg stiffly, and fold it into the beverage. The addition of a teaspoon of cream makes a richer drink, but is not essential.

ICED CHOCOLATE

2 teaspoons Bournville Cocoa 1 dessertspoon whipped cream
1 pint milk

Put the milk on to boil, stir in the cocoa, bring almost to boiling point, allow to get cold, place in a refrigerator, then stir in the whipped cream. If cream is not popular, whipped white of egg can replace it.

ICED BOURN-VITA

2 teaspoons Bourn-Vita 2 dessertspoons of Chocolate or
1½ gills milk Vanilla Ice Cream, see p. 57

Heat the milk, but do not let it boil. Sprinkle in the Bourn-Vita until it has dissolved, then chill. Put it into a tumbler or tall glass, stir in the ice cream.

COCOA MOCHA

Make 3 cups black coffee (using $\frac{3}{4}$ cup coffee and 4 cups water) and strain. Add to a syrup made by boiling together 3 tablespoons cocoa, 4 tablespoons sugar, pinch of salt and $\frac{3}{4}$ cup cold water. Bring all very nearly to the boil again and chill. Shake in a screw-top jar or shaker with $\frac{3}{4}$ cup milk, $\frac{3}{4}$ cup cream or top milk, 2 egg whites and a little crushed ice (optional).

COCOA SHAKE

Shake very thoroughly in screw-top jar or shaker:—4 tablespoons cocoa syrup (p. 51), 1 cup milk, and a little crushed ice (optional). Serve at once.



COCOA SYRUP

Delicious Summer Drinks (especially valuable for children) can be made from a base Cocoa Syrup prepared as follows:—

Mix dry $\frac{1}{2}$ cup Bournville Cocoa, $1\frac{1}{2}$ cups sugar and a pinch of salt. From 1 cup of cold water, add sufficient to make a paste. Add the rest of the water, stir over slow heat till smooth; then boil for 3 minutes. Add 2 teaspoons Vanilla essence. Pour into a pint screw-top jar and seal with rubber ring. Re-seal after each using to prevent sugaring. Keeps a week or more.

N.B.—This syrup is also delicious as a chocolate sauce for ice-cream and sweets. Use also as a chocolate flavouring in making milk puddings and custards.

COCOA NOG

Separate yolk and white of an egg. Beat the yolk with 3 tablespoons cocoa syrup and $1\frac{1}{4}$ cups milk. Beat the white fluffy and fold in.

MALTED COCOA

Shake very thoroughly in screw-top jar or shaker:—3 tablespoons cocoa syrup, 1 cup milk, 1 tablespoon malted milk powder, and a little crushed ice (optional). Serve at once.

ORANGE COCOADE

Shake very thoroughly in screw-top jar or shaker:—3 tablespoons cocoa syrup, 1 cup milk, 2 tablespoons orange juice, grated rind of half an orange, a little crushed ice (optional). Serve at once.

ORANGE COCOA-NOG

Separate the white and yolk of an egg. Beat yolk with 2 to 3 tablespoons cocoa syrup, $1\frac{1}{4}$ cups milk and 2 tablespoons orange juice. Beat the white fluffy and fold in. Serve with a grating of orange rind on top.

COCOA-COOLA

Put into a glass 3 tablespoons cocoa syrup, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup ice-cream. Fill up with soda water and stir well.

HAWAIIAN-ADE

Shake very thoroughly in screw-top jar or shaker till smooth and frosted:—3 tablespoons cocoa syrup, 1 cup milk, 2 tablespoons tinned pineapple juice, a little crushed ice (optional).

HULA-HULA

Put into each glass:—4 tablespoons cocoa syrup, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup ice-cream, 2 tablespoons tinned pineapple juice. Stir well. Fill up with soda water. Add a little crushed ice if desired.

COCOA MINT

Put into a glass 4 tablespoons cocoa syrup, $\frac{1}{2}$ teaspoon peppermint extract; fill up with soda water. Stir and add one tablespoon cream or top milk and a little crushed ice (optional), or substitute ice-cream for both. Serve with a sprig of mint.

COCOA MINT SHAKE

Shake very thoroughly in a screw-top jar or shaker:—4 tablespoons cocoa syrup, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ teaspoon peppermint extract, and either 2 tablespoons cream and a little crushed ice or else 2 tablespoons ice-cream. Serve with a sprig of mint.

COCOA FOAM

Put 4 tablespoons cocoa syrup into a glass. Add a little crushed ice if available, and fill up with soda water. Stir and serve with a dash of whipped cream or ice-cream.

HOT DRINKS

BOURN-VITA

1 pint milk

3 dessertspoons Bourn-Vita

Heat the milk but do not allow to boil; pour into jug and stir in the Bourn-Vita. Whisking greatly improves the flavour.

BOURNVILLE COCOA

1 pint milk

1 dessertspoon sugar

1 dessertspoon Bournville Cocoa

Sprinkle the cocoa and sugar on to the warm milk; stir and boil for 1 minute. Pour into a jug and whisk. More sugar can be added if required.

FOR OTHER METHODS OF MAKING SEE DIRECTIONS ON THE RESPECTIVE TINS.

COCOA SYRUP

Delightful Hot Drinks also may be made, using the cocoa syrup (recipe opposite page) as a base. Here are some suggestions:—

COCOA MALLOW

Bring almost to boiling point 1 cup milk and 4 tablespoons cocoa syrup. Whisk till it froths. Pour into a cup and just before serving add one plain white marshmallow.

MEXICAN COCOA

Heat 1 cup milk with 3 tablespoons cocoa syrup; whisk till it froths. Add $\frac{1}{2}$ teaspoon ground cinnamon and serve.

RUSSIAN CHOCOLATE

Heat $\frac{3}{4}$ cup milk and 4 tablespoons cocoa syrup. Add $\frac{1}{2}$ cup black coffee; bring almost to the boil and serve.

FOR MAKING DECORATING BAG—SEE PAGE 38

CONFECTIONS

CHOCOLATE TRUFFLES

One $\frac{1}{4}$ lb. block Bournville Chocolate $1\frac{1}{2}$ tablespoons unsweetened evaporated milk
2 ozs. icing sugar $\frac{1}{2}$ teaspoon vanilla essence
A little desiccated coconut

Melt the chocolate, but do not allow it to get hot. Stir in the icing sugar, unsweetened evaporated milk and the vanilla essence, and blend all the ingredients thoroughly. No cooking is required. Shape into balls, and roll in the desiccated coconut.

ORIENTAL DROPS

5 ozs. stoned raisins $\frac{1}{4}$ teaspoon cinnamon
7 ozs. stoned dates One $\frac{1}{4}$ lb. block Bournville Chocolate
Squeeze of lemon juice

Mince the dates and raisins together, add the cinnamon and lemon juice. Mix them into even-sized balls, and dip each one into the melted chocolate. Put aside to set.

CHOCOLATE TOFFEE

1 lb. Demerara sugar 1oz. Bournville Cocoa
1 oz. butter $\frac{1}{4}$ pint water

Put the ingredients into a basin, tap out the sugar with a spoon, and when melted, boil quickly to 290° . Then turn out on to an oiled tin, measuring 12" by 8". When nearly cold, mark with an oiled knife, and when cold, break into squares. Wrap in waxed paper, unless they are to be eaten almost immediately.

STUFFED DATES

1 small box dessert dates 2 or 3 ozs. Marzipan, see p. 55

Prepare the Chocolate Marzipan according to the directions on page 55. Split each date down one side, and remove the stone. Shape the marzipan into small rolls to replace the stone and close the date.

COCONUT KISSES

$2\frac{1}{2}$ ozs. Bournville Cocoa 3 tablespoons unsweetened evaporated milk
1 lb. icing sugar 2 ozs. desiccated or chopped coconut
1 white of egg

Mix the cocoa, sugar and coconut together. Stir in 3 tablespoons of unsweetened, evaporated milk, and lastly, the stiffly-beaten white of egg. Sprinkle the hands with sugar, divide the mixture into small pieces of equal size, and roll into small balls. Place on a tray and dry in a warm place for several hours.

MARZIPAN FRUITS

8 ozs. icing sugar
6 ozs. ground almonds
Squeeze of lemon juice

1 teaspoon vanilla essence
Beaten egg

Put the ground almonds and icing sugar into a basin, add the lemon juice and vanilla essence, and mix to a stiff paste with beaten egg. Turn on to a sugared board, and knead until it is very smooth and pliable. If liked, equal quantities of ground almonds and icing sugar can be used, but this makes it a little more expensive. The marzipan can be used for a variety of sweets. Daintiness is, however, important when shaping them, and it is better to err in having them too small than too large.

CHOCOLATE MARZIPAN WALNUTS

Make half quantity of the above mixture, as this goes a long way when shaping the fruit. There are two ways of introducing the chocolate flavour, either by adding cocoa to the dry ingredients before they are mixed, in the proportion of 1 oz. of cocoa to 4 ozs. of icing sugar, and proceeding according to the above directions, or by preparing the marzipan, kneading it out on a board to make a small hollow in the middle, and working in half a 2 oz. block of Bournville Chocolate. This should be warmed by putting in a basin over hot water. Having worked it in, the almond paste must be kneaded thoroughly. Divide the almond paste into equal pieces, and shape into ovals, slightly larger than a half walnut. After this, place a split walnut on the top of each, and to secure them, moisten the bottom of each one with a little white of egg.

MARZIPAN POTATOES

Use the ordinary marzipan, without the addition of any chocolate. Shape in the hands to represent potatoes, then sprinkle lightly with a little cocoa, or roll in a little cocoa, in order to imitate potatoes as skilfully as possible.

MUSHROOMS are moulded in plain marzipan, in two parts—the stalk and the head. Make the heads first, rounding them with the hands. Sprinkle the underside with cocoa, mark with a fork to represent the flutings. Then shape the small stalk also in marzipan, dip one end into a little white of egg, and place in position on the mushroom. Allow to set in a warm place for several hours.

WALNUT FUDGE

1 lb. granulated sugar
½ pint unsweetened evaporated milk

2 ozs. Bournville Cocoa
3 ozs. chopped walnuts

Put all the ingredients into a strong saucepan, with the exception of the walnuts. Heat until a temperature of 238° is reached. Stir in the walnuts, and beat until moderately thick. Then put in a well-oiled tin, measuring 10" by 7". When almost cold, cut into even-sized pieces.

CHOCOLATE GINGER FUDGE

This is made in exactly the same way, with the exception that the walnuts are omitted, and 3 ozs. chopped, crystallised ginger and ½ teaspoon ginger essence is added at the end, and the whole well beaten.

FOR ALPHABETICAL INDEX—SEE PAGES 62 - 63

SUGGESTIONS FOR SPECIAL OCCASIONS

LARGE CHOCOLATE SOUFFLÉ

One 2 oz. block Bournville Chocolate	1½ gills cream
4 tablespoons milk	½ oz. gelatine
4 new-laid eggs	4 tablespoons water
2 ozs. castor sugar	

For the Decoration—

5 or 6 tablespoons cream	A little grated chocolate
--------------------------	---------------------------

Tie a band of strong paper round a large china or silver soufflé dish, allowing the paper to extend 4" or 5" above the top of the case. Dissolve the chocolate in the milk over a low heat. Put the yolks and sugar into a basin, and whisk over a saucepan of hot water until light in colour, thick and creamy. Stir in the dissolved chocolate and lightly beaten cream.

Dissolve the gelatine in the hot water, and strain into the soufflé mixture, stirring until the mixture thickens. Whip up the whites of egg very stiffly, and fold them in as lightly as possible, using a metal spoon. Blend well, and put the mixture into the prepared case, allowing it to extend at least 1½"-2" above the top of the case. Put in a cool place until set. When ready to serve, remove the paper very carefully by peeling it backwards.

To decorate the top, whip up a few tablespoons of cream, put into a forcing bag, and pipe an edging. To make the decoration more attractive, green pistachio nuts can be chopped up, and sprinkled over a portion of the top. One way of doing this is to place a small pastry cutter on the top of the soufflé, and sprinkle the nuts inside it, so that there is a round of green in the centre. Grated chocolate can also be used for decorating, if liked. It should be rolled with a rolling-pin or crushed to make it a little finer, and sprinkled on top of the soufflé. The question of decoration is entirely a matter of personal taste. Cream can be eliminated, or it can form the only decoration, or can be used in conjunction with the grated chocolate and nuts.

SMALL CHOCOLATE AND ALMOND SOUFFLÉS

3 eggs	½ oz. Bournville Cocoa
½ gill water	1½ gills evaporated milk or cream
2 ozs. castor sugar	1 oz. almonds
½ oz. gelatine	Vanilla essence

Prepare 7 small paper or china ramekin cases. Tie bands of strong paper, such as foolscap, around these, allowing the paper to extend 4" or 5" above the top of the cases. Blanch the almonds, and brown them lightly in the oven. Whisk the yolks of egg and sugar over a pan of boiling water until thick and creamy. Whip the cream as stiffly as possible, and add this with the chopped almonds and vanilla essence to the eggs and sugar.

Pour the ½ gill of cold water over the gelatine and place over hot water to dissolve. Then stir in cocoa. Allow to become cold. Fold in the stiffly-beaten egg whites, and put into the soufflé cases.

HUNGARIAN CHOCOLATE

- | | |
|-----------------------------|---------------------|
| 1½ ozs. Bournville Cocoa | 4 whites of egg |
| 1 tablespoon water | 4 ozs. castor sugar |
| 1 tablespoon coffee essence | |

Dissolve the cocoa in the hot water and add the coffee essence. Beat well, and put into a basin to cool. Whilst cooling, whisk the white of egg very stiffly, then whisk in the sugar gradually. Stir in the cocoa mixture as lightly as possible. When well blended, put into glasses, and allow to set. Decorate with a little grated chocolate or Bourn-Vita, or chopped pistachio nuts.

VANILLA ICE CREAM WITH HOT CHOCOLATE SAUCE

- | | |
|--------------|--------------------------------|
| ½ pint cream | 1 dessertspoon vanilla essence |
| ½ pint milk | 2 ozs. sugar |
| 2 eggs | |

Hot Chocolate Sauce—

- | | |
|----------------------|--------------------------------|
| 1 teaspoon arrowroot | 3 tablespoons Bournville Cocoa |
| 2 ozs. sugar | ½ pint water |
| 1 oz. butter | Few drops of vanilla essence |

To make the ice cream, prepare a boiled custard with the milk, eggs and sugar. Cool completely, stirring from time to time. Add the vanilla essence, the whipped cream, and the stiffly-beaten whites of egg. Freeze in a machine or in the drawers of a refrigerator. Prepare the sauce thus:—

Blend the cocoa, sugar and arrowroot with a little of the cold water. Boil the remainder, and pour on to the blended arrowroot. Return to the saucepan, add the butter, and boil for about 3 minutes. Lastly, add the vanilla essence. Pour the Hot Chocolate Sauce, page 43, over the ice cream, and sprinkle with chopped nuts.

SPECIAL BOURNVILLE PUDDING

- | | |
|--|------------------|
| 1 large tin of unsweetened evaporated milk | 3 ozs. sugar |
| Water | 2 eggs |
| ¾ oz. Bournville Cocoa | 1½ ozs. gelatine |
| | Vanilla essence |

Add water to make the evaporated milk to three-quarters of a pint. Put the yolk of egg and sugar into a basin, and whisk them together until they are light and frothy. Put the milk on to boil, taking care not to let it burn, and when boiling pour on to the beateen eggs. Return to the saucepan, and cook very slowly until the custard thickens. Bring 1 tablespoon of water and 3 tablespoons of the milk to the boil, and dissolve the cocoa in it, and add it to the custard, stirring meanwhile. Allow the mixture to cool, stirring it from time to time. Whip the whites of egg very stiffly, and when the mixture is cold, fold them in as lightly as possible. Lastly, stir in the vanilla essence and gelatine dissolved in about three tablespoons of water. Stir from time to time, and just as it is beginning to set, pour it into a fancy mould or soufflé case. Allow to set, and when cold turn out if in a mould, and decorate with a little whipped cream. If served in a soufflé case, decorate the top with chopped pistachio nuts or whipped cream.

FOR AERATION OF CAKES—SEE PAGE 4

CHOCOLATE MOUSSE

$\frac{1}{4}$ lb. block Bournville Chocolate 4 eggs

Melt the chocolate gently over hot water. Divide white from yolks of eggs and stir the yolks into the melted chocolate. Beat the whites of egg stiffly and fold into the mixture. Leave until set.

This sweet can be served in a large glass dish or in individual glasses. It can be decorated with whipped cream.

A NEW CHOCOLATE ROLL

3 new-laid eggs $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ lb. sugar 2 tablespoons warm water
 $\frac{1}{4}$ lb. flour 3 teaspoons Bournville Cocoa

Line a Swiss-roll tin with paper, and grease it. Put the egg yolks and sugar into a basin, and whisk until thick and creamy. Add the water. Stir in the sifted flour, baking powder and cocoa. When well mixed, fold in the stiffly-beaten whites of egg and put into the prepared tin, spreading evenly. Cook in a hot oven (Gas Regulo 6, Electric 380°) for about 12 minutes. Turn on to well-sugared paper. Trim off the edges, fill with warm apricot jam, roll up, allow to cool on a wire cake tray. Coat with chocolate butter icing, see page 36.

CHOCOLATE MARSHMALLOW ROLLS

7 ozs. flour Pinch salt
 $1\frac{1}{2}$ teaspoons baking powder 2 eggs
6 ozs. sugar 2 egg yolks
 $\frac{3}{4}$ oz. Bournville Cocoa $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ teaspoon cinnamon

Beat sugar and eggs until firm. Add the milk, then the sifted flour, baking powder and cocoa. Lightly beat the mixture. Spread on tray lined with greaseproof paper. Bake at—Gas Regulo 6, Electric 425°. Time: 20 minutes approximately. Turn on to cloth, spread with marshmallow, and roll.

MARSHMALLOW, No. 1

12 ozs. sugar 4-5 egg whites
2 ozs. liquid glucose Pinch salt
 $\frac{3}{4}$ teacup water 1 teaspoon essence vanilla

Bring water, sugar and glucose to boil, stirring until sugar is dissolved. When liquid boils refrain from further stirring. Cover and boil until it reaches 250° or about 7 minutes. While the sugar is boiling, add a pinch of salt to the egg whites and whisk stiffly. Add the essence, then slowly beat the sugar solution in. Continue beating for 10 minutes or more.

For Chocolate Marshmallows—

Moisten a little Bournville Cocoa with hot water and stir into the boiled sugar just before adding to the egg whites.

MARSHMALLOW, No. 2

$\frac{1}{2}$ lb. sugar Pinch salt
1 teacup water Essence
 $\frac{1}{4}$ oz. gelatine

Soak gelatine in half of the water. Bring sugar and balance of water to the boil. Do not stir after it boils. Drop a little in cold water to see if it is firm. Mix in gelatine. Add essence and pinch of salt, and beat for about 10 minutes. Pour on dish sprinkled with cornflour.

PEARL BARLEY

"Bearded Barley," old-world favourite among home-grown cereals, is gaining a steadily wider popularity as various milling processes make it available in new form. The following recipes offer suggestions for using the various kinds of barley and should have particular appeal to hospitals and also as nourishing dishes for children.

It is emphasised that when barley has been cooked, it is most important to use the water which will contain much of the nutriment.

Barley water is excellent for cream puffs and eclairs instead of plain water and it makes chocolate buns and scones very nutritious.

TO COOK PEARL BARLEY

(2 to 3 oz. barley yields about 8 oz. when cooked)

Wash the barley well, and soak overnight in cold water. Next day bring to the boil and cook gently until tender, adding more water if necessary. This may be done in a saucepan over a low heat, or a casserole in the oven, and takes about 2 hours. Drain, reserving the barley water for drinking or for making gravy, adding to soup, etc. If the barley grains are required separated (as for risotto) run cold water through them, and then dry off on a sieve in a warm place, turning over occasionally with a fork.

BARLEY WATER

Two tablespoons barley. Allow to boil for 30 minutes with 1 quart of water, then strain. Add lemon juice.

BARLEY INSTEAD OF RICE

Here is an excellent idea for barley—after straining the barley water use the grain with curry in the same manner as rice is used. It adequately takes the place of rice which is in such short supply to-day.

BARLEY CUSTARD

2 tablespoons pearl barley
1 tablespoon sugar
Pint milk

About 2 dozen raisins or sultanas
Pinch salt
2 eggs

Wash barley, well cover with water and soak overnight. Boil till tender. Have ready greased pie-dish. Strain barley and put in. Beat eggs, add the milk and pour over. Stand in a dish of water, and cook slowly. Bourn-Vita on top if liked. Use water for other cooking—gravy, soups, etc

BARLEY MILK PUDDING

Make the same as creamed rice, using about a tablespoon of barley for each person. Place in a pie-dish, and cover with milk—1½ pints and 2 tablespoons sugar. Cook 2½ to 3 hours in a slow oven. This is excellent. Raisins and dates may be added to this if liked. A tiny pinch of salt, a teaspoon of lemon juice and a sprinkling of nutmeg will make this even nicer.

BARLEY PUDDING

Wash barley, well cover with water and soak overnight. Boil (with a tiny pinch of salt) till tender and strain. Wash barley in cold water after boiling—put in a pie-dish with 3 eggs well beaten up with sugar. Sprinkle with nut-meg and bake. Use strained water in soups or for barley water—but do not waste it.

BARLEY SALAD

Wash barley well and cover with water to soak over night. Boil till nearly tender (about 2 hours) then add carrot, celery, onion and any other vegetable with seasoning of salt, pepper and a little mustard (if liked). Boil until tender. Drain off any water that is left, dissolve a teaspoon (or more) of gelatine in this, and mix with the vegetables and barley grains. Cool a little, add some cooked green peas, parsley and cheese (if liked) and set in small moulds. Turn out and garnish with hard-boiled eggs forced through a sieve.

SAVOURY BARLEY SALAD

- | | |
|--------------------------------|------------------------------|
| 1 small onion | 1 carrot, grated |
| A little margarine or dripping | 1 to 2 ozs. grated cheese |
| 8 ozs. cooked pearl barley | 1 tablespoon chopped parsley |
| (about 2ozs. before cooking) | Seasoning |

Chop the onion finely and fry lightly in a little fat—drain and add the barley, with the finely grated young carrot, grated cheese, chopped parsley and seasoning of salt, pepper and a little mustard (if liked). Heat through in a saucepan. Pack tightly into dariole moulds and allow to cool and set. To turn out, dip the moulds into hot water for a moment to loosen the mixture, then turn on to a bed of lettuce or watercress. Pour a little barley salad cream over, and garnish with any available salad vegetables.

BARLEY SALAD CREAM

- | | |
|---------------------------|-------------------------------|
| 1 oz. butter | 1 tablespoon tarragon vinegar |
| 1½ oz. barley flour | Salt, pepper and mustard |
| ½ pint milk | 1 teaspoon sugar |
| 1 tablespoon malt vinegar | |

Melt the butter and stir in the barley. Beat in the milk, adding a little at a time. Bring to the boil, stirring well, and allow to boil for 2 to 3 minutes to cook the barley. Add the vinegars, seasonings and sugar, adjusting the quantities to personal taste. Use when quite cold. This salad cream should not be left for more than two days.

FOR ALPHABETICAL INDEX—SEE PAGES 62 - 63

APPROXIMATE MEASURES

Baking Powder	3 rounded teaspoons	1 oz.
Flour	1 level teacup	4 ozs.
Sugar	1 level teacup	6 ozs.
Shortening	1 level teacup	6 ozs.
Dripping	1 level teacup	6 ozs.
Breadcrumbs	1½ teacups	4 ozs.
Coconut	1 level teacup	2½ ozs.
Currants	1 level teacup	4½ ozs.
Sultanas	1 level teacup	4½ ozs.
Bournville Cocoa	4 dessertspoons	1 oz.

LIQUID

2 dessertspoons	1 tablespoon
14 tablespoons	½ pint
1 teacup	¼ pint
4 gills	1 pint
1 pint	20 ozs.

TEMPERATURE CHART : For 78% Extraction Flour

Electric :

Very slow	-	-	250-325°	Meringues, etc.
Slow	-	-	325-350°	Rich fruit cakes, shortbreads, ginger-breads, biscuits.
Moderate	-	-	350-400°	Sponges, sandwich cakes, biscuits, shortpaste, shortbreads, ginger-breads, small cakes, fruit cakes.
Hot	-	-	400-450°	Scones, buns.
Very Hot	-	-	450-475°	Puff pastry, cream puffs.

Gas :

Very slow (Regulo 1)	-	225-275°	Meringues.
Slow (Regulo 2-3)	-	275-325°	For finishing rich fruit cakes.
Moderate (Regulo 4-5-6)	-	325-375°	Sponges, sandwich cakes, biscuits, shortpaste, shortbreads, ginger-breads, small cakes, fruit cakes.
Hot (Regulo 7)	-	375-425°	Sponges, small cakes, sandwich cakes, scones.
Very Hot (Regulo 8-9-10)	425-450°		Puff pastry, cream puffs, buns.

Owing to different mixes it is necessary to give alternative temperatures.

The 78 per cent. Extraction Flour is subject to premature crust, and the above temperatures have been tested to function very reliably.

TEMPERATURES

It should be noted that there are slight variations in electric and gas oven temperatures for identical goods. This does not, of course, necessitate altering the recipes, as the temperatures have been carefully adjusted to suit the present standard of New Zealand flour. Incidentally, where coal or crude oil ovens are fitted with a heat indicator use the same oven temperatures as recommended in the electric chart.

The hottest part of the gas oven is at the top, therefore all small cakes and pastries should be baked there. Place the goods just under the deflector. After they have risen, turn the gas very low, and let them cook gently through. When they are brown enough take out the deflector. The oven requires lighting about five minutes before using. Large cakes should be placed on the middle shelf. Do not move the cake, but reduce the heat a little every half-hour, turning the gas quite out for the last half-hour.

INDEX

A	Page
A Basket of Mushrooms -	28
A New Chocolate Roll -	58
Aeration of Cakes -	4
Afghans -	26
Almond Icing -	36

B	Page
Baked Chocolate Custard Tart	48
Baked Pears with Chocolate Cream -	48
Banana and Chocolate Sponge Trifles -	46
Battenburg Cake -	10
Barley Custard -	59
" Instead of Rice -	59
" Milk Pudding -	60
" Pudding -	60
" Salad -	60
" Salad Cream -	60
" Water -	59
Belmont Cookies -	25
Bournville Cocoa -	53
Bourn-Vita -	53
" Biscuits -	34
" Butterfly Cakes -	31
" Cake -	31
" Cake Icing -	31
" Catherine Wheels -	33
" Clusters -	33
" Cookies -	33
" Cornies -	31
" Custard -	42
" Lemon Cake -	31
" Mocha Cake -	31
" Orange Cake -	31
" Queen Cakes -	33
" Queen Drops -	31
" Sauce for Steam Puddings -	43
" Snaps -	34
" Sultana Cake -	31
Butter Cream Filling -	38

C	Page
Canadian Date Cake -	24
Caramel Cream Sauce -	43
Chocolate Almond Cake -	12
" Almond Fancies -	26

Chocolate	Page
Almond Tart -	40
Banana Filling -	37
Blancmange, No. 1 -	46
Blancmange, No. 2 -	46
Brandy Snaps -	22
Butter Icing -	36
Cabinet Pudding -	41
Caramel Layer Cake	16
Charlotte Russe -	45
Coconut Buns -	23
Coconut Cake -	13
Coconut Cakes -	24
Corner Cake -	17
Corn Roughs -	19
Custard Sauce -	43
Date Cake -	7
Dominoes -	20
Eclairs -	23
Egg Nog -	50
Fingers -	22
Fudge Cake -	12
Fudge Filling -	37
Genoese -	25
Genoese Sponge -	30
Ginger Biscuits -	23
Ginger Fudge -	55
Ice Cream, No. 1 -	45
Ice Cream, No. 2 -	45
Ice Cream Soda -	50
Icing, No. 1 -	35
Icing, No. 2 -	35
Icing, No. 3 -	35
Junket -	48
Loaf or Layer Cake	17
Log Cake -	14
Macaroons -	19
Madeleines -	19
Marshmallow Rolls -	58
Meringues -	22
Meringue Pie -	41
Meringue Pudding -	42
Mousse -	58
Muffins -	9
Nut Cake -	9
Parkin -	9
Petit Fours -	22
Pound Cake -	13

	<i>Page</i>
Chocolate Pudding (with Caramel Cream Sauce)	41
" Rice Cake	14
" Sandwich	27
" Sauce	43
" Shapes (with Peppermint Cream Sauce)	48
" Shortbreads	24
" Shorts	23
" Sponge	16
" Sponge Roll	28
" Suet Pudding	42
" Sundae	49
" Tartlets	19
" Toffee	54
" Trifle	49
" Truffles	54
" Vanilla Jelly	44
" Vermicelli	37
" Viennoise Pudding	40
" Walnut Layer Cake	12
" Wheels	26
" Wholemeal Raisin Cake	8
Cocoa-Coola	52
" Foam	52
" Mallow	53
" Mint	52
" Mint Shake	52
" Mocha	50
" Nog	52
" Shake	50
" Syrup	52
Coconut Kisses	54
Coffee Butter Icing	35
Creole Biscuits	20

D

Devil's Food Cake	14
Devil's Food Cake, No. 2	16

E

Economical Chocolate Icing	35
----------------------------	----

F

Feather Icing	36
Five Minutes' Cake	8

G

Gateau Delight	27
Gingerbread Chocolate	8

H

	<i>Page</i>
Hawaiian-ade	52
Hermits	25
Honey Bread (Chocolate Flavoured)	7
Hula Hula	52
Hungarian Cake	17
Hungarian Chocolate	57
Hungarian Filling	38

I

Iced Bourn-Vita	50
Iced Chocolate	50
Iced Chocolate Roll	27
Italian Pudding	42

L

Lafayette Pudding	40
Large Chocolate Soufflé	56
Lemon and Chocolate Jellies	49

M

Malted Cocoa	52
Marble Cake	7
Marshmallow, No. 1	58
Marshmallow, No. 2	58
Marzipan Fruits	55
Measures, Tables	61
Mexican Cocoa	53
Milk Chocolate Cookies	24
Mint Chocolate	50
Mushroom Cake	30

N

Neapolitan Cake	13
Nut Cream Filling	37

O

Orange Chocolate Loaf	8
Orange Coco-ade	52
Orange Cocoa Nog	52
Oriental Drops	54

P

Peanut Brownies	25
Pearl Barley	59
Peppermint Cream Sauce	43
Plain Chocolate Coffee Cake	9

R

Rich Chocolate Blancmange	46
Rich Chocolate Cake	10
Russian Chocolate	53

S	<i>Page</i>
Savoury Barley Salad - -	60
Shortening - - -	5
Small Chocolate and Almond Soufflés - -	56
„ Chocolate Gateau - -	13
„ Chocolate Sponge Cakes -	28
Soft Caramel Icing - -	36
Special Bournville Pudding -	57
Striped Blancmange - -	46
Stuffed Dates - - -	54

T	<i>Page</i>
Temperatures, Chart - -	61

V	
Vanilla Ice Cream (with hot Chocolate Sauce) - -	57

W	
Walnut Fingers - - -	26
Walnut Fudge - - -	55
Whipped Cream Filling - -	37

58-19



Cadbury's
BOURNVILLE
THE BEST
MADE BY
CADBURY'S
BERKLEY, ENGLAND

IMPORTANT
CADBURY'S
BOURNVILLE
COCOA

PLEASE
KEEP
THIS
Cadbury
COCOA IN A TIN
Sweet Knife Here
Cut Along Dotted Line
CADBURY CADBURY
Cadbury's
BOURNVILLE
COCOA
1 LB. NET.
CADBURY CADBURY

CADBURY'S PLAIN
Bournville
CHOCOLATE
CADBURY